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Better managing your weight leads to better Insulin control

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Muscle function and performance Good nutrition is vital in falls prevention, as weakness can result from a loss of muscle mass and strength. Revitalise's protein helps the growth and maintenance of your muscles. Calcium and magnesium are necessary for normal muscle function.

Bone health Calcium and Vitamin D enhance bone mineral density. Protein assists with the maintenance of normal bones.

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See below for stockists or ask your local chemist to get Revitalise in for you.

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SPECIAL OFFER

Turn to page 128 and subscribe to three issues of *Diabetic Living*, for only $18. That's just $6 per issue!

THE TEAM

Editor ALIX DAVIS
Creative Director HANNAH BLACKMORE
Art Director ANGELA SHORT
Features Writer ELLIE GRIFFITHS
Food Editor ALISON ROBERTS
Dietitian SHANNON LAVERY

ADVERTISING & MARKETING

Commercial Brand Manager RHYL HEAVENER
RHeavener@bauer-media.com.au
Marketing Director LOUISE CANKETT
Senior Marketing Manager JILLIAN HOGAN

PRODUCTION

Production Manager ALISHA STODDART
Ad Controller DOMINIC ROY

BAUER MEDIA GROUP

Chief Executive Officer BRENDON HILL
Director of Sales ANDREW COOK
Publisher SALLY EAGLE
Circulation Executive DARIYA KAING
General Manager Media Solutions JANE WATERHOUSE

MEREDITH INTERNATIONAL

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OUR EXPERTS

Dr Kate Marsh
Dietition & diabetes educator
Kate, who has type 1, is in private practice in Sydney; drkatemarsh.com.au

Dr Sultan Linjawi
Endocrinologist
A diabetes specialist, Sultan has a clinic in Queensland; drsultanlinjawi.com

Dr Janine Clarke
Psychologist
Janine is in private practice at Mend Psychology and The Sydney ACT Centre; mendpsychology.com.au

Elissa Renouf
Type 1 parent
Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman
Diabetes educator
Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen
Podiatrist
Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg
Exercise physiologist & diabetes educator
Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay
Endocrinologist & bariatric physician
Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

Stay healthy at any age

My husband turns 60 in a couple of months. It's a milestone birthday and one that, not surprisingly, has him thinking (a lot) about getting older. He's in good health and we'd like to keep things that way, so I always pull him up when he talks about the inevitable decline into old age and the fact nothing can be done about it. Wrong! The fact is, it's never too late to start focusing on – and improving – your health.

We took 10 myths about ageing and busted them wide open – turn to page 86 to see what you can do today to put yourself in the best possible position as you age. You'd better believe I'll be leaving a copy of the magazine open on the coffee table for my husband to read!

Keeping active is important at any age, and one of the crucial keys to maintaining movement – and all the benefits that come with it – is finding something you love to do. In our feature Moving with Joy (page 94), we spoke with Paul Waterstraat, who began running in his mid 60s and discovered it was something he loved. He now regularly competes in events and loves the new perspective it gives him on the world. What type of movement brings you joy?

We can fuel our movement goals with good food and we've got plenty in this issue. Our regular midweek dinners (and shopping list) start on page 16 and I'm excited about stress-free dinners (page 24) that are perfect for making and freezing, or only need one pan. Are you a legume lover (or would like to be)? Check out our guide to cooking with dried beans on page 42, and then you might like to enjoy a sweet treat from our dessert feature (page 58). If you would rather not cook at all, turn to our feature on meal-delivery options on page 82. They can be a simple way to eat well, without stepping into the kitchen. We hope you enjoy this issue and stay warm and well.

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.

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NEXT ISSUE ON SALE 22 OCT

TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers. Email us at **diabeticliving@bauer-media.com.au**

*Any questions regarding your diabetes, talk to your **health-care team.***

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Bauer Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

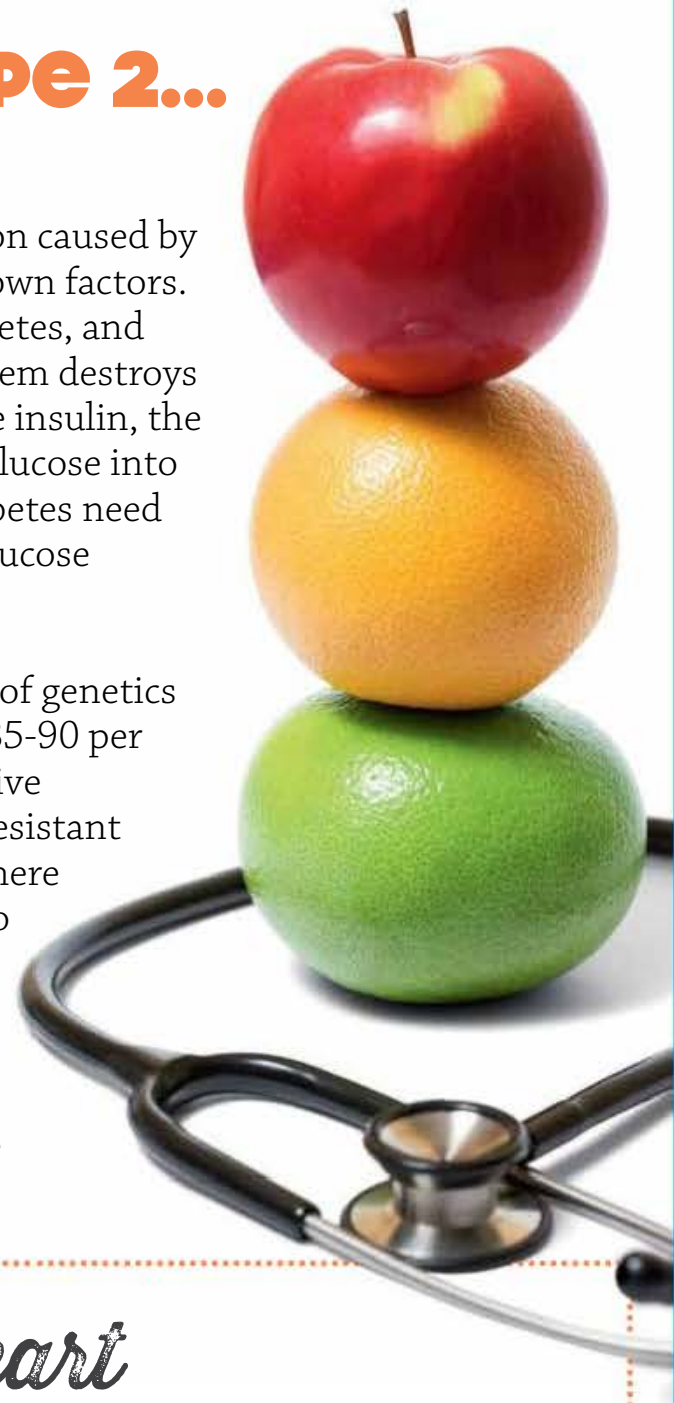
- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 AND TYPE 2...
What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need touse insulin to reduce the level of glucose circulating in their blood.

- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant tothe normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Take this to heart

1 YOU'RE NOT ALONE
About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE
Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

Losing just 5 per cent of your body weight can have a positive impact.

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes

YOUR healthy life

The latest facts & global news on diabetes, insulin, the pandemic and more

UNDIAGNOSED = DEADLY

Since the beginning of the pandemic, cancer specialists have found there has been a 30 per cent fall in referrals as less people are seeing their GPs and avoiding their routine pathology tests. Due to this, experts from Cancer Australia have estimated 7000 Aussies may be living with undiagnosed cancer. Despite many cancers being manageable and curable with early detection and treatment, the delayed diagnosis of many increases mortality rates.

However, it's not just cancer. If you are due for a check-up or routine pathology tests, don't delay them. Book your appointment today.

SPEAK UP

At the beginning of National Diabetes Week 2020, Diabetes Australia released the findings of a survey that showed people under the age of 40 living with diabetes are more likely to experience mental health challenges. More than 80 per cent of people with diabetes had not been offered psychological help, and more than 25 per cent were not able to access mental health support when they needed it most. Despite this, just over 40 per cent of people with diabetes had spoken about their mental health to health professionals.

TYPE 2 TREATMENT

After eight years of research, scientists from the UK's University of Leeds and University of Dundee have discovered drugs developed to treat Alzheimer's disease could be helpful for people living with type 2. These drugs have shown the potential to prevent or reverse damage within blood vessels that are known to cause cardiovascular disease. Findings were published in *The Journal of Clinical Investigation*.

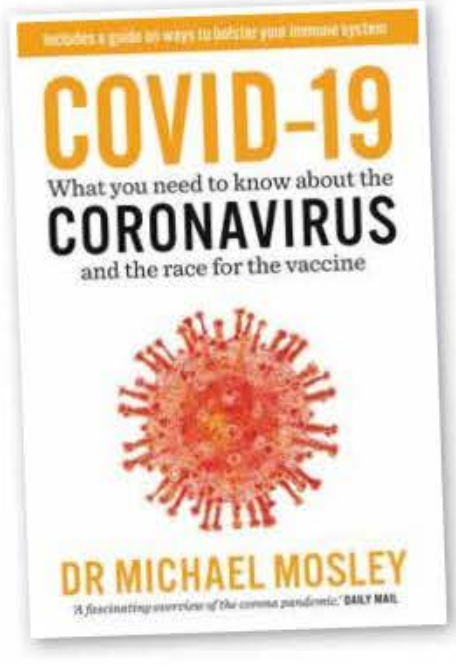
47%

of all people with diabetes have experienced a mental health challenge due to their diabetes during the last 12 months.

– Diabetes Australia

IS YOUR CHILD *coping?*

The results of a randomised clinical trial in China suggest school-aged children with type 1 who participate in a Coping Skills Training Program are better equipped to "handle difficult emotions, decrease stress and establish or maintain a sense of internal order". Although the study measured a variety of life aspects, the most significant improvement shown was in positive coping and diabetes self-management skills. Further research is required to alter the program and improve the wellbeing of adolescents living with type 1.



COVID-19
by Dr Michael Mosley, Simon & Schuster, $19.99. On sale 28 May 2020

After experiencing coronavirus first-hand through his 25-year-old son – who was diagnosed with, and is now fully recovered from, COVID-19 while living with him – Dr Michael Mosley (who also features on page 78) is sharing his knowledge of, and approach to, protecting yourself and your family during this public health threat.

My daughter has always managed her type 1 so well, however, coming into her later teenage years, she has become very slack and the results are showing. How did you explain the importance of managing diabetes to your children?

Elissa says: Diabetes burnout is not uncommon, especially after managing type 1 for so long. Having to continually count carbohydrates, calculate insulin doses, consider how their activity is affecting their levels, when they need to resite their insulin pump, along with all the challenges of normal teenage mood changes. Diabetes has a huge impact on every part of their lives and something I truly didn't understand until I went through this stage with each of my children.

Allow your daughter to talk with you, stay positive and try to reinforce how good a job she is doing.

When my teenage kids went through this, speaking with a psychologist was so helpful in offering them support and some strategies around how they could cope with their ongoing care and treatment. ➤

Elissa Renouf owns Diabete-ezy and is mum to four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

Become a movement yogi

A world-first study from the University of South Australia – in partnership with UNSW Sydney, Western Sydney University, Kings College London and the Federal University of Santa Maria – concluded movement-based yoga has an ability to significantly improve mental health. Researchers defined movement-based yoga as "any form of yoga where participants are physically active at least 50 per cent of the time", or one that emphasises holding and flowing through poses. The research in the *British Journal of Sports Medicine* suggests people living with mental health conditions can benefit from yoga when it's performed consistently.

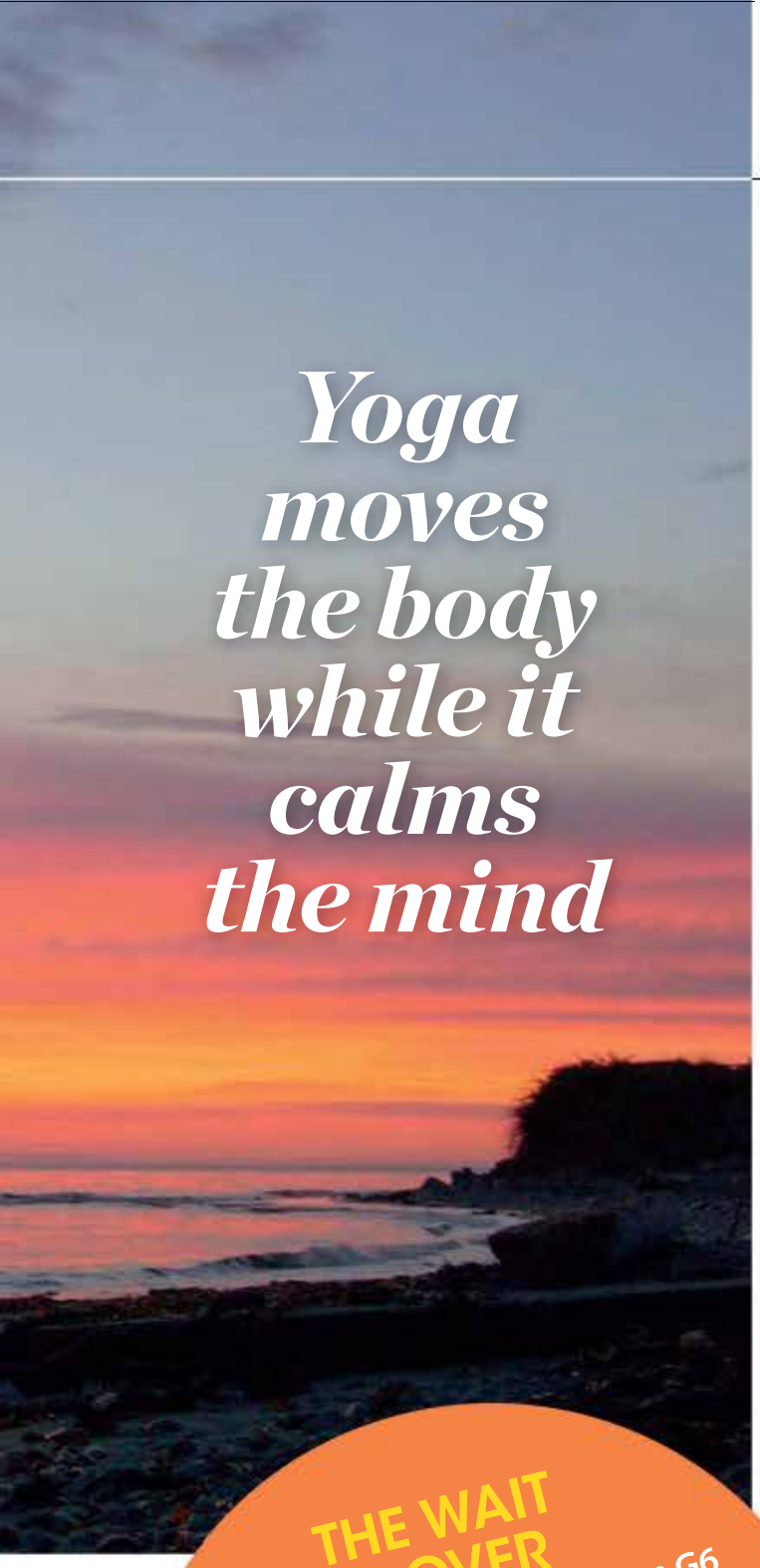
PRODUCT RECALL

There has been a potential safety issue identified with the **Tandem Diabetes Care t:slim X2™ Insulin Pump,** where the pump battery is depleting faster than expected. This only affects those using the t:slim X2 insulin pump with the Dexcom G5 Mobile CGM. If you use these products and have not yet received a letter from AMSL Diabetes regarding this recall, contact its Customer Care team on 1300 851 056 for more information.

Researchers at Stanford University have been working on a new ultra-rapid formulation of insulin that is designed to quickly manage BGLs. Their current trial saw the insulin act twice as fast in pigs with diabetes over the currently available insulin. Taking effect almost immediately, this insulin could be a game changer. However, more research is required.

COVID-19

You are at a **higher risk** if you have type 1, insulin-requiring type 2, an unstable HbA1c ≥8.5% and/or have diabetes complications.



Yoga moves the body while it calms the mind

FEET relief

Are you suffering from painful cracked heels? Plunkett's NS8 Heel Balm Complex (from $11.45/60g) is a non-greasy, non-slip, fast-absorbing formula designed to provide quick relief for your feet. This natural moisturiser is podiatrist-recommended and quickly hydrates, softens, smoothes and even exfoliates dry, rough and/or cracked heels and feet.

THE WAIT IS OVER

The highly anticipated Dexcom G6 CGM is finally available in Australia. Unlike previous generations, this latest product – comprising a sensor, transmitter, optional touchscreen receiver and the new Dexcom G6 app – is factory-calibrated, meaning zero fingerpricks… Hallelujah! For more details, visit amsldiabetes.com.au or turn to page 90 to learn more about CGMs.

Is it helpful to worry about hypos?

Janine says: Hypos are unpleasant and potentially very dangerous, so it's not unusual for people with diabetes and their loved ones to worry about them. Worrying about hypos can be productive if it motivates a person to be proactive and engage positively with their self-care routine. However, it is often very unproductive – serving only to increase both anxiety about diabetes management and unhelpful actions such as obsessive monitoring and checking, overtreatment of hypos, running BGLs too high, and so on.

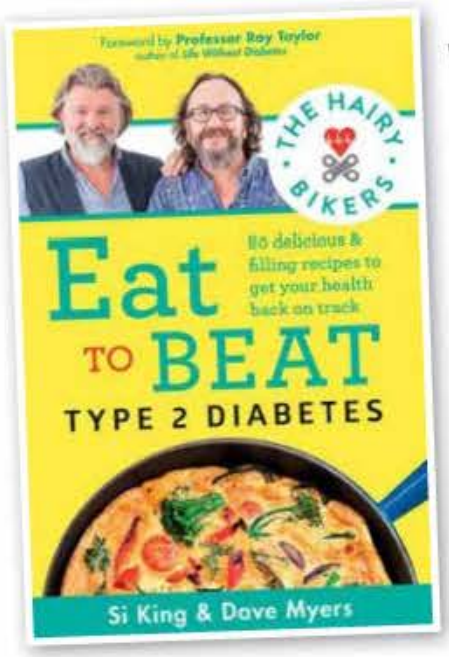
Sadly, some people think that worry or fear of hypoglycaemia is part-and-parcel of living with diabetes. But it doesn't have to be.

When worrying a lot about hypos starts to interfere with the normal daily routine, when it's occupying a lot of 'mental space' and is 'hard to shake', then speak to a health professional. There are lots of things that can help to reduce worry and restore self-confidence, ranging from improving early recognition of hypoglycaemic symptoms to putting plans in place for seeking psychological support. ➤

Dr Janine Clark, psychologist

DIABETES GENES UNLOCKED

Researchers from the United States have examined the genes of more than 200,000 people to discover the possible genetic variants linked to type 2. Breaking down the genetic make-up of each individual, they discovered 558 independent variations, of which 286 variants had never previously been identified. This investigation – published in the journal *Nature Genetics* – is the largest of its kind, and has the potential to help guide the treatment of individuals and potentially prevent complications associated with diabetes and gene variants. Researchers are now following the patients for a long-term analysis.



EAT TO BEAT TYPE 2 DIABETES
by Si King and Dave Myers
Hachette, $32.99.
On sale 9 June 2020

Best-selling chefs Si and Dave, aka The Hairy Bikers, have shared 80 of their favourite recipes that helped them tackle their type 2 diabetes. With the aid of this cookbook you, too, can get your health back on track.

COVID fuelling the market

As the pandemic forced healthcare workers to close their doors and switch to virtual appointments, it has become critical to establish electronic BGL records. This has resulted in an increasing global demand for CGMs, as they allow both patients and doctors to access data and continue to successfully manage diabetes (see page 90). Data analytics company GlobalData estimated the global CGM market was valued at $3.3 billion in 2019, however, it expects this to reach mid-double digits this year.

During my recent telehealth consultation with my diabetes educator, he suggested I might get my hearing checked as I was finding it difficult to hear at times through the computer, but my wife could hear everything he was saying. Is hearing loss related to diabetes?

Rachel says: There are some studies in people with type 2 that show normal hearing during early stages of diabetes, whereas 30 per cent of people who had type 2 for longer had some hearing loss. It has been found that the prevalence of hearing loss was significantly higher in people with, than without, diabetes.

Hearing experts report that both type 1 and type 2 can influence many factors that are integral to overall functioning of the ear and the auditory pathway. These can include both metabolic changes and microvascular complications. The impact of diabetes on hearing appears varied and complex. Diabetes can impact on cochlear function, auditory nerve function or a combination of both. It is important you have your hearing checked, especially if you are experiencing symptoms of hearing decline. ■

Rachel Freeman, diabetes educator

WORDS ELLIE GRIFFITHS **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

PODIATRIST RECOMMENDED

REPAIR DRY CRACKED HEELS NATURALLY

Fast absorbing cream for smooth healthy looking heels

Diabetes friendly

No Petroleum

Natural Dermatology

www.NS8.com.au

Available in Pharmacies nationally

IN THE DRIVER'S SEAT

April Welsh made Australian history as the first female Formula Vee driver with type 1 and she continues to contribute to the world of diabetes

Born into a motorsport family, April Welsh was destined to have a need for speed. "I used to go along with Dad to the track and grew up in the pits," explains April. "I was often found with a can of Mr Sheen in hand cleaning Dad's car after every race. I guess it's no surprise I was the next generation to sit behind the wheel."

Despite being diagnosed with type 1 at three – after her mum, an emergency nurse, recognised the symptoms and diagnosed her at home before taking her to hospital for her official diagnosis – nothing was going to stop April.

"I sourced a fantastic private organisation in WA – Perth Diabetes Care – which has supported me throughout the journey by offering all the diabetes services [excluding an endocrinologist] I need under one roof," says April, 26, who has been fortunate to have formed a relationship with her team (an endocrinologist, diabetes educator, dietitian and counsellor). "When I've been interstate and challenged by the time zone, higher levels of anxiety about the race or I'm seeking help about how to best approach the night's sleep ahead with basal rates and blood glucose levels, my educator has been on the phone offering advice." April's immediate family has taken on the complexity of diabetes and is her support team for both diabetes and motorsports.

Pumped up

As the youngest person in WA to begin insulin pump therapy, at the age of six, it was only a matter of time before April would turn to continuous glucose monitoring (CGM). "Managing my diabetes on race day really is all about preparation and trying to minimise the effect adrenaline has on my levels throughout the event," she continues. "For the first few years, I competed on many occasions with BGLs much higher than ideal or where I know I would prefer my levels to be. This would cause me to feel nauseous, lethargic and often not as enthusiastic. The sooner I was able to manage the adrenaline spike, the better for my health and my performance."

Today, she uses the Medtronic 670G alongside her CGM on Auto-Mode. Even with the help of her team, it has taken April about three years to find the routine that works best and that she is confident in following for any event. "However, some days it doesn't matter how hard I try, diabetes can still prove to be difficult to predict and control, especially with the high levels of adrenaline throughout race day," she says.

Advocate for all

For the past six years, Novo Nordisk has been April's primary sponsor for Formula Vee – or Formula Volkswagen, which is an affordable competitive motorsport where individuals drive in an open-wheel, single-seat race car. "It was important for me to

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** BLAKE PARRY
ADDITIONAL PHOTOGRAPHY SUPPLIED BY APRIL WELSH

partner with a sponsor who resonated with my values and who would also encourage my participation in motorsport as an opportunity to engage with the community about diabetes," she explains. "Words can't explain how rewarding it is to be approached by children and their families who live with type 1 at the race track, show me their pumps or want to ask me how I manage my glucose levels while behind the wheel. But even more rewarding has been the opportunity Novo Nordisk has given me to communicate with many health professionals about my experience, lessons learnt and opportunities that my journey while racing has created."

April has long been a passionate advocate for diabetes research, education and awareness. Over the years, she has been involved as a keynote speaker at JDRF's Kids in the House in Canberra, chosen as the Australian delegate to attend the Children's Congress in Washington DC, and today sits on the JDRF State Leadership Group for Western Australia.

But it doesn't stop there. April has also been involved in a number of different research studies. "I like to live my life by the motto: I control my diabetes, so diabetes doesn't control me. I guess this is why I have been drawn to research studies, such as AdDIT [a trial used to understand the complications of diabetes in young people diagnosed during their childhood or adolescent years; for more, visit www.addit-trial.org], as I can assist with something that could help with preventing long-term complications.

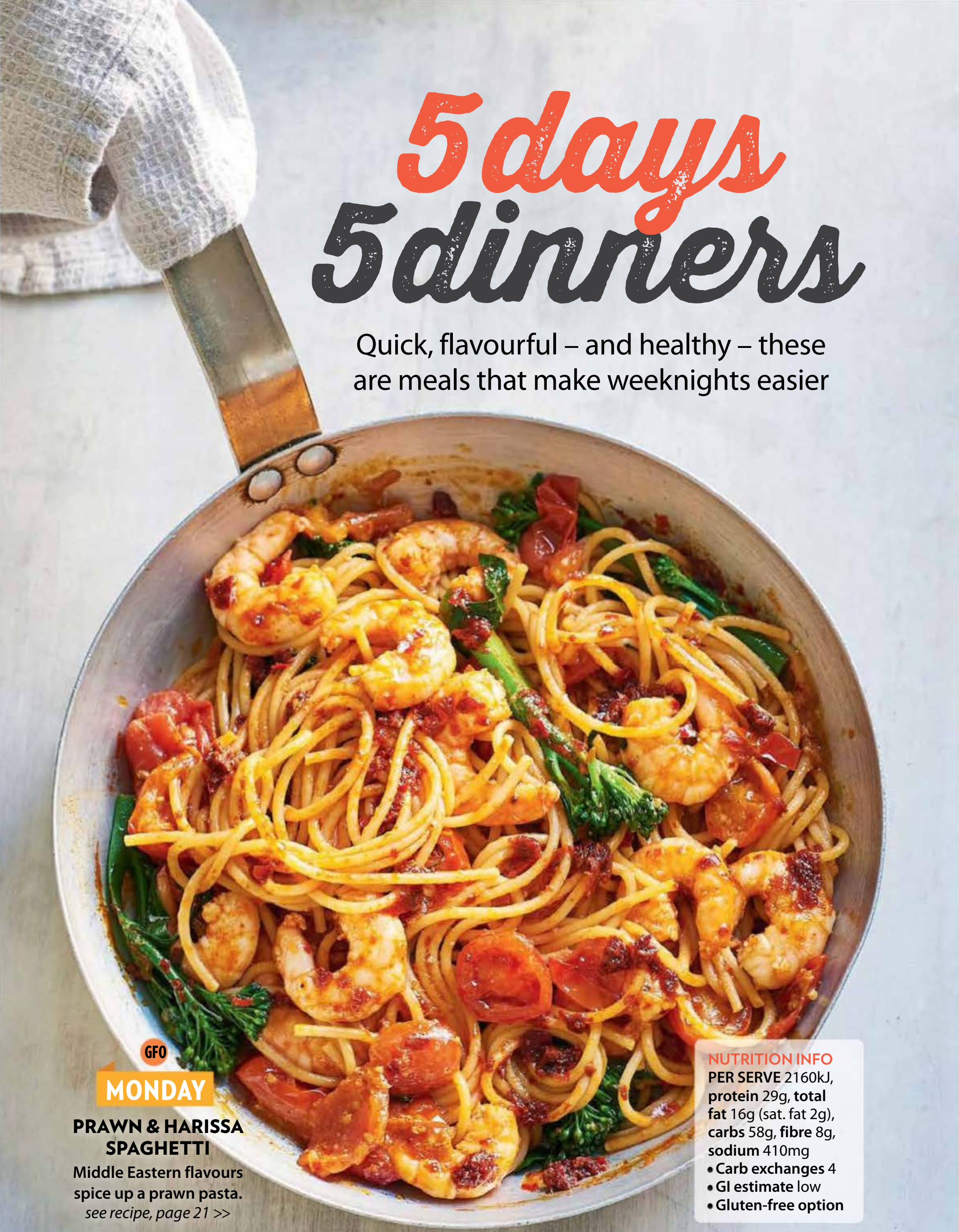
However, it is through motorsport that April understood the importance of maintaining good management and making her diabetes a priority. If she wants to race, she is required to have a full medical assessment from her endocrinologist each year. Racing also taught April, "that there is nothing that you can't achieve in life. While having diabetes is a constant struggle that means we sometimes have to do things differently, it shouldn't and doesn't prevent us!" ■

It takes a team of people to compete in motorsport and a team of people to manage diabetes. I'm so thankful for the people in my life who assist me with both!

TOP & MIDDLE: April with her dad, Bruce Welsh. ABOVE: April showing a love for motorsports at just three-years-old.

5 days 5 dinners

Quick, flavourful – and healthy – these are meals that make weeknights easier



GFO

MONDAY

PRAWN & HARISSA SPAGHETTI

Middle Eastern flavours spice up a prawn pasta.

see recipe, page 21 >>

NUTRITION INFO

PER SERVE 2160kJ, **protein** 29g, **total fat** 16g (sat. fat 2g), **carbs** 58g, **fibre** 8g, **sodium** 410mg

- **Carb exchanges** 4
- **GI estimate** low
- **Gluten-free option**

How our food works for you
see page 76

NUTRITION INFO
PER SERVE 2190kJ, **protein** 47g, **total fat** 26g (sat. fat 6g), **carbs** 19g, **fibre** 11g, **sodium** 462mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

TUESDAY

PORK CHOPS WITH MUSTARDY BUTTER BEANS

Power-packed beans make for greens to envy.

see recipe, page 21 >>

GFO

WEDNESDAY

CREAMY TOMATO & CHEESE RISOTTO

Serve it with a side salad for the ultimate in good food that's good for you!

see recipe, page 22 >>

NUTRITION INFO
PER SERVE 2300kJ, **protein** 14g, **total fat** 26g (sat. fat 7g), **carbs** 61g, **fibre** 8g, **sodium** 797mg
- **Carb exchanges** 4
- **GI estimate** medium
- **Gluten-free option**

GF LC

THURSDAY

CREAMY SALMON, LEEK & POTATO TRAYBAKE

A simple recipe that's ideal for your weekday repertoire.

see recipe, page 22 >>

NUTRITION INFO

PER SERVE 2340kJ, **protein** 39g, **total fat** 32g (sat. fat 10g), **carbs** 23g, **fibre** 8g, **sodium** 384mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**

SMOKEY STEAK WITH CAJUN POTATOES & SPICY SLAW

PREP TIME: 20 MINS
COOK TIME: 40 MINS
SERVES 2 (AS A MAIN)

430g desiree potatoes, unpeeled, cut into 1.5cm chunks
1 tsp Cajun seasoning or gluten-free Cajun seasoning
1 tsp smoked paprika
1 tsp ground cumin
1 Tbsp olive oil
300g piece beef flank steak, trimmed of fat
¼ bunch coriander, finely chopped

Spicy slaw
¼ small red cabbage, shredded
½ red onion, finely sliced
2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
1 Tbsp Philadelphia Light Cream for Cooking
2 tsp chipotle chilli sauce

1 **Preheat oven** to 200°C (fan-forced). Line a baking tray with baking paper. Bring a large saucepan of water to the boil. Add potato and cook for 5 minutes, then drain and leave to steam dry in a colander for a few minutes.
2 **Toss potato chunks** with Cajun seasoning, smoked paprika, cumin and half the olive oil. Place on lined tray and roast for 25-30 minutes, tossing halfway through cooking, or until golden and crispy.
3 **For slaw,** combine red cabbage, onion, mayonnaise, light cream and chilli sauce in a bowl. Set aside.
4 **Rub steak** with rest of oil and season both sides with pepper. Heat chargrill or non-stick frying pan over high heat. Add steak. Cook for 2 minutes on each side, for medium, or until cooked to your liking. Transfer steak to clean board. Cover with foil. Set aside for 5 minutes to rest. Diagonally slice across grain into strips.
5 **Serve steak** with roasted potato that's been scattered with chopped coriander, along with spicy slaw.

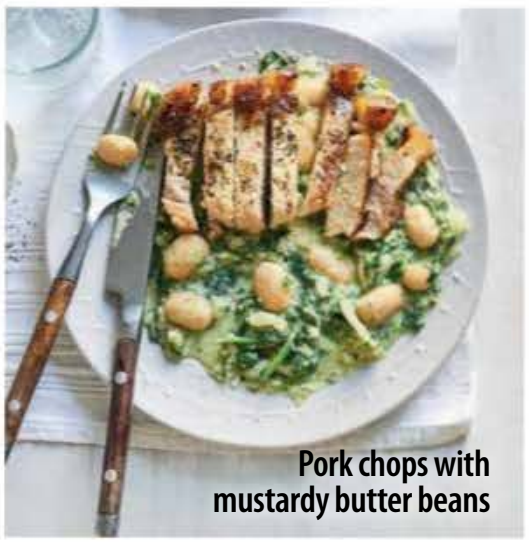
GFO

FRIDAY

NUTRITION INFO
PER SERVE 2050kJ, **protein** 41g, **total fat** 18g (sat. fat 5g), **carbs** 35g, **fibre** 8g, **sodium** 639mg
- **Carb exchanges** 2½
- **GI estimate** medium
- **Gluten-free option**

Healthy greens are a dream addition to any meal

Prawn & harissa spaghetti



Pork chops with mustardy butter beans

PRAWN & HARISSA SPAGHETTI

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

150g dried spaghetti or gluten-free pasta
200g broccolini, cut into thirds
1½ Tbsp olive oil
1 large clove garlic, lightly bashed
300g cherry tomatoes, halved
300g green king prawns, peeled and deveined
2 tsp harissa paste or gluten-free harissa paste
Finely grated zest of 1 lemon
Freshly ground black pepper

1 **Cook pasta** in a large saucepan of boiling water until al dente, adding broccolini for final 2 minutes of cooking. Drain well and set aside, reserving a little cooking liquid.
2 **Heat olive oil** in a large non-stick frying pan over low heat. Add garlic and cook, stirring, for 2 minutes. Remove garlic with a slotted spoon and discard, leaving flavoured oil in the pan.
3 **Add halved tomatoes** to pan and cook over medium heat, stirring often, for 5 minutes, or until beginning to soften and turn juicy. Add green prawns and cook for 2 minutes, or until turning pink. Add harissa paste and lemon zest, stirring to coat.
4 **Toss cooked spaghetti** and pasta water through prawns and harissa. Season with black pepper and serve.

PORK CHOPS WITH MUSTARDY BUTTER BEANS

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES 2 (AS A MAIN)

2 Tbsp olive oil
1 brown onion, finely sliced
1 small clove garlic, crushed
400g can no-added-salt butter beans, drained and rinsed
100ml salt-reduced vegetable stock or gluten-free stock
200g baby spinach leaves
3 Tbsp Philadelphia Light Cream for Cooking
2 tsp wholegrain mustard or gluten-free mustard
Freshly ground black pepper
2 (150g each) pork loin medallions, trimmed of visible fat

1 **Heat 1 Tbsp** olive oil in a saucepan over medium heat. Add onion and cook, stirring occasionally, for 10 minutes, or until onion softens. Add garlic and cook, stirring, for 1 minute. Add butter beans and vegetable stock and bring to a simmer. Add spinach leaves and cook, stirring occasionally, for 3 minutes, or until spinach wilts.
2 **Use a hand-held blender** to blitz mixture for 10 seconds, leaving some chunky whole beans. Stir in light cream and mustard. Season with pepper. Simmer over medium heat for 3 minutes, or until sauce thickens. Set aside.
3 **Season pork** with pepper on both sides. Heat remaining oil in a medium non-stick frying pan over medium-high heat. Add pork and reduce heat to medium. Cook for 2 minutes each side.
4 **Spoon beans** onto plates. Slice pork and arrange on top. ➤

CREAMY TOMATO & CHEESE RISOTTO

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVES 2 (AS A MAIN)

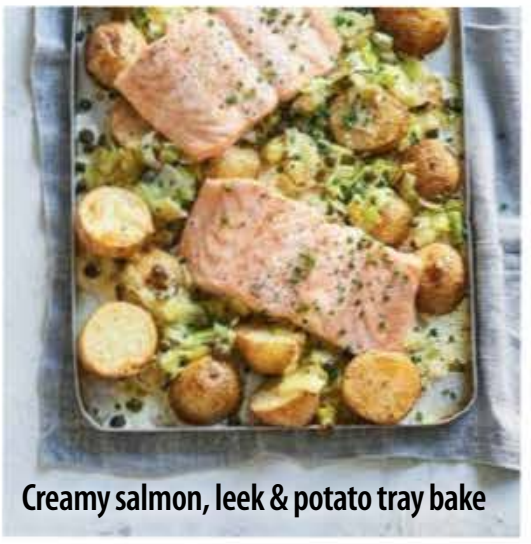
2 Tbsp olive oil
1 brown onion, very finely chopped
1 large clove garlic, crushed
120g arborio rice
400ml salt-reduced vegetable stock or gluten-free stock
100ml water
400g can no-added-salt cherry tomatoes
30g parmesan, grated
1½ Tbsp Philadelphia Light Cream for Cooking
½ small bunch of basil, chopped
Freshly ground black pepper

Salad

100g baby spinach leaves
100g cherry tomatoes, halved
Drizzle balsamic vinegar

1 Heat olive oil in a large, heavy-based saucepan over medium heat. Add onion and cook, stirring occasionally, for 10 minutes, or until onion is very soft. Add garlic and cook, stirring, for 1 minute. Add rice and cook, stirring, for 2 minutes.
2 Bring stock and the water to a simmer over medium heat. Reduce heat to low to keep stock warm.
3 Add tomatoes to pan. Bring to a simmer. Add half the stock and cook, stirring, until mixture is absorbed. Add remaining stock, a ladleful at a time. Cook until rice is al dente, for about 20 minutes.
4 Stir in parmesan, light cream and basil. Season with pepper. Spoon into bowls. Toss salad ingredients together and serve with salad.

Creamy tomato & cheese risotto


Creamy salmon, leek & potato tray bake

CREAMY SALMON, LEEK & POTATO TRAYBAKE

PREP TIME: 5 MINS
COOK TIME: 35 MINS
SERVES 2 (AS A MAIN)

250g Baby Spud Lite potatoes, thickly sliced
1 Tbsp olive oil
Freshly ground black pepper
1 leek, halved, washed and sliced
1 clove garlic, crushed
3 Tbsp Philadelphia Light Cream For Cooking
1 Tbsp drained capers in vinegar, plus extra to serve
80ml (⅓ cup) hot water
1 Tbsp chopped chives, plus extra to serve
2 x 150g skinless and boneless salmon fillets

Salad

100g baby rocket leaves
100g cherry tomatoes, quartered
1 Lebanese cucumber, peeled into ribbons or sliced
Balsamic vinegar, to drizzle

1 Preheat oven to 180°C (fan-forced). Line a baking dish with baking paper. Bring a medium saucepan of water to the boil. Add sliced potatoes and cook for 8 minutes. Drain and then leave to steam dry in a colander for a few minutes. Toss potato with half the oil and season with pepper. Bake for 20 minutes, stirring halfway during cooking.
2 Meanwhile, heat remaining oil in a non-stick frying pan over medium heat. Add leek and cook, stirring occasionally, for 5 minutes, or until leek starts to soften. Add garlic and cook, stirring, for 1 minute. Add cream, capers and hot water. Stir. Bring to the boil. Stir in chives.
3 Preheat grill on high. Pour creamy leek mixture over potato. Place salmon fillets on top. Grill for 7-8 minutes, or until salmon is just cooked through. Sprinkle over extra chives and capers.
4 To make salad, toss all ingredients together. Serve with the salmon.

Salmon is packed full of heart-healthy omega-3 fatty acids

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON R
SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

YOUR shopping list

GROCERIES
- ☐ 500g pkt dried spaghetti
- ☐ 230g jar capers in vinegar
- ☐ 220g container chipotle sauce
- ☐ 400g can no-added-salt cherry tomatoes
- ☐ 400g can no-added-salt butter beans
- ☐ 70g tube harissa paste
- ☐ 1L carton salt-reduced vegetable stock
- ☐ 500g pkt arborio rice

FRUIT AND VEGETABLES
- ☐ 200g broccolini
- ☐ 500g cherry tomatoes
- ☐ 1 lemon
- ☐ 2 brown onions
- ☐ 1 red onion
- ☐ 300g baby spinach leaves
- ☐ 100g baby rocket leaves
- ☐ 1 bunch basil
- ☐ 1 bunch coriander
- ☐ 1 bunch chives
- ☐ ¼ small red cabbage
- ☐ 1 Lebanese cucumber
- ☐ 750g pkt Spud Lite Baby Potatoes
- ☐ 430g desiree potatoes
- ☐ 1 leek

CHILLED
- ☐ 250ml tub Philadelphia Light Cream for Cooking

SEAFOOD
- ☐ 300g green king prawns
- ☐ 2 x 150g pieces skinless and boneless salmon fillets

POULTRY AND MEAT
- ☐ 2 (150g each) pork loin medallions
- ☐ 300g piece beef flank steak

PANTRY
- ☐ Olive oil
- ☐ 1 bulb garlic
- ☐ Wholegrain mustard
- ☐ Black pepper
- ☐ Parmesan
- ☐ Balsamic vinegar
- ☐ Cajun seasoning
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ 97% fat-free mayonnaise

LEFTOVERS

GROCERIES

Spaghetti: Try breaking up raw spaghetti into short pieces and adding to a delicious vegetable soup for the last 15 minutes of cooking.

Harissa paste: Use in sauces and dressings, or add a little to natural yoghurt, with a squeeze of lemon juice, some chopped coriander and freshly ground black pepper. Serve with vegie sticks as a snack.

Chipotle sauce: Spice up your tacos, burritos and wraps with a spoonful of this great sauce.

Arborio rice: Use to make creamed rice or a creamy mushroom, chicken and leek risotto.

Capers: Finely chop and use in dressing and sauces, or throw a few into your salad to give it a bit of a zing!

Cream for cooking: Use in your sauces in place of regular cream.

FRUIT AND VEGETABLES

Basil: Use the leaves in salads or on sandwiches in place of lettuce.

Chives: Finely chop and use in dressings and sauces, or sprinkle on top of roasted potatoes with some finely grated lemon zest and freshly ground black pepper.

Coriander: Use in curries and stir-fries, salads and in soups.

Potatoes: Roast, steam or slice them and cook on the barbecue. ■

Say goodbye to stress and hello to a super zen dinner. We've shared our favourite recipes to whip up in one pan or make ahead and freeze portions, to reduce the food prep required on a busy weeknight

Stress-less COOKING

PRAWN AND SAUSAGE JAMBALAYA

PREP TIME: 30 MINS
COOK TIME: 35 MINS
SERVES 6 (AS A MAIN)

2 Tbsp olive oil
350g Peppercorn Extra Lean Beef Sausages
2 large green capsicums, chopped
2 brown onions, chopped
3 stalks celery, sliced
6 cloves garlic, crushed
400g can no-added-salt chopped tomatoes
1 tsp smoked paprika
1 tsp dried oregano
1 tsp dried thyme
Freshly ground black pepper
¼ tsp chilli flakes
60ml (¼ cup) dry white wine
2 tsp light margarine
350g green prawns, peeled and deveined with tails left intact
2 x 250g pkts cooked brown rice, heated following packet directions
Celery leaves, to serve (optional)
Lemon wedges, to serve

1 **Heat oil** in a large non-stick frying pan over medium heat. Add sausages and cook, turning often, for 10 minutes, or until just cooked. Remove from pan. Set aside to cool. Slice.
2 **Add capsicum,** onion, celery and garlic to pan. Cook, stirring occasionally, for 8-10 minutes, or until tender and starting to brown. Add sliced sausages, chopped tomatoes, paprika, oregano, thyme, pepper and chilli flakes. Bring to the boil. Reduce heat to medium and simmer for 4 minutes. Add wine and margarine. Simmer for 2-3 minutes, or until sauce thickens slightly.
3 **Add prawns** to pan. Cover and cook for 2-3 minutes, or until prawns are tender. Divide rice among serving plates. Spoon over prawn mixture. Top with celery leaves, if using. Serve with lemon wedges. ➤

Make ahead

Follow directions up to the end of step 2. Cool slightly. Freeze in a 1L (4 cup) freezerproof container for up to 1 month. To reheat, bring 60ml (¼ cup) water to the boil in a deep frying pan. Add frozen sauce. Cover and cook over medium heat, stirring to break up the mixture, for 10 minutes. Bring to the boil. Continue from Step 3.

How our food works for you
see page 76

NUTRITION INFO GF
PER SERVE 1550kJ, **protein** 19g, **total fat** 14g (sat. fat 3g), **carbs** 37g, **fibre** 8g, **sodium** 408mg
- **Carb exchanges** 2½
- **GI estimate** medium
- **Gluten free**

LC

MINI MUSHROOM MEATLOAVES

These melt-in-the-mouth morsels prove good things come in small packages.

see recipe, page 32 >>

NUTRITION INFO

PER SERVE 1300kJ, **protein** 30g, **total fat** 9g (sat. fat 2g), **carbs** 21g, **fibre** 11g, **sodium** 388mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

GFO LC

APRICOT DRUMSTICKS WITH ROASTED VEGIES

Our contemporary take on a family favourite with timeless appeal.

see recipe, page 32 >>

NUTRITION INFO

PER SERVE 1590kJ, **protein** 30g, **total fat** 16g (sat. fat 3g), **carbs** 26g, **fibre** 8g, **sodium** 278mg

- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten-free option**
- **Lower carb**

Make ahead

Follow the method up to the end of Step 2. Allow tomato mixture to cool for 30 minutes. Continue with Step 3, omitting oven preheating. Cover capsicum with plastic wrap. Keep in fridge for up to 2 days. To cook, unwrap capsicum, preheat oven to 170°C (fan-forced) and continue from Step 4.

GF

STUFFED CAPSICUMS

Fill your boots with these parcels of yumminess.

see recipe, page 33 >>

NUTRITION INFO

PER SERVE 1630kJ, **protein** 31g, **total fat** 12g (sat. fat 2g), **carbs** 34g, **fibre** 10g, **sodium** 216mg

- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten free**

BLACK BEAN AND CORN BURRITOS

PREP TIME: 10 MINS
COOKING TIME: 6 HOURS (LOW) OR 3 HOURS (HIGH)
SERVES 16 (AS A LIGHT MEAL)

2 x 400g cans no-added-salt black beans, drained and rinsed
400g can no-added-salt corn kernels, drained and rinsed
400g can no-added-salt chopped tomatoes
1 brown onion, chopped
1 red capsicum, chopped
250g (1 cup) bought salsa
1 chilli, deseeded, finely chopped (optional)
2 tsp Mexican chilli powder
2 cloves garlic, crushed
1 Old El Paso Wholegrain Tortilla or gluten-free tortilla, per person, to serve
¼ cup shredded lettuce, per person, to serve
1 Tbsp grated low-fat cheese, per person, to serve
Few slices green shallots, per person, to serve
Low-fat Greek-style natural yoghurt, to serve (optional)

1 **Put black beans,** corn kernels, chopped tomatoes, onion, capsicum, salsa, chilli and garlic in a small slow cooker. Cover and cook on low for 5-6 hours, or on high for 2½-3 hours.
2 **Using a slotted spoon,** spoon a little bean mixture onto each tortilla just below the middle. Top with lettuce, cheese and green shallots. Fold bottom edge of each tortilla over filling. Fold in opposite sides and roll up tortilla. Serve with yoghurt, if using.

COOK'S TIP

To warm tortillas, wrap in foil and cook in oven preheated to 180°C (fan-forced). Bake for 10 minutes, or until heated through. ➤

Make ahead

Make recipe up to the end of Step 1. Divide portions (however you want to freeze them) and put into freezerproof containers. Freeze for up to 6 months. Thaw a portion in fridge overnight, as required. Put mixture in a large saucepan and heat over medium heat until warmed through. Continue with recipe from Step 2.

NUTRITION INFO GFO

PER SERVE 892kJ, **protein** 10g, **total fat** 5g (sat. fat 2g), **carbs** 30g, **fibre** 5g, **sodium** 473mg

- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

GFO LC

GINGERED BEEF AND BROCCOLI SALAD

Looking to up your iron intake? Get this delicious salad on your plate.

see recipe, page 33 >>

ONE-PAN

To make it even less stressful, substitute the broccoli and capsicum for packaged frozen stir-fry vegetables. Avoid packages with sauces. You don't need to let the vegetables thaw first, but they'll need a little extra cooking time. You can also replace the sirloin steak with pre-sliced lean stir-fry beef.

NUTRITION INFO

PER SERVE 770kJ, **protein** 28g, **total fat** 3g (sat. fat 1g), **carbs** 8g, **fibre** 5g, **sodium** 170mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

BARBECUED PULLED PORK SANDWICHES WITH CRUNCHY APPLE SLAW

PREP TIME: 15 MINS
COOK TIME: 6 HOURS
SERVES 8 (AS A LIGHT MEAL)

1 brown onion, chopped
750g lean boneless pork shoulder, trimmed of fat, cut into 5cm pieces
1½ tsp smoked paprika
½ tsp ground chillies
1 tsp ground cumin
Freshly ground black pepper
Pinch cayenne pepper
¼ tsp mustard powder
125ml (½ cup) water
250g raw coleslaw mix (no dressing)
1 apple, core removed, halved, thinly sliced
2 green shallots, chopped
3 Tbsp apple cider vinegar
1 Tbsp olive oil
1 tsp honey
60ml (¼ cup) Masterfoods Barbecue Sauce Reduced Salt & Sugar
8 x 40g wholemeal dinner rolls, split and toasted

1 **Place onion** in a small slow cooker. Top with pork. Combine paprika, ground chillies, cumin, black pepper, cayenne pepper and mustard powder in a small bowl. Sprinkle over pork. Pour water over pork. Cover and cook on low setting for 6 hours, or until pork is very tender.
2 **Remove pork** from slow cooker and use two forks to shred meat. Return shredded pork to juices. Stir in barbecue sauce.
3 **Combine coleslaw mix,** apple, chopped shallots, vinegar, olive oil, honey and black pepper in a bowl.
4 **Spoon about ⅓ cup pork** evenly on each bun bottom, then top with ½ cup slaw and bun tops. Serve. ➤

Make ahead

Follow method up to the end of step 3, omitting stirring in barbecue sauce. Cool slightly. Keep in fridge for up to 2 days. To reheat, place in a microwave-safe bowl and stir in barbecue sauce. Microwave, covered with a paper towel, for 3-4 minutes, or until heated through, stirring occasionally. Serve as directed in Step 4.

NUTRITION INFO LC
PER SERVE 1050kJ, **protein** 20g, **total fat** 6g (sat. fat 2g), **carbs** 26g, **fibre** 4g, **sodium** 330mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Lower carb**

MINI MUSHROOM MEATLOAVES

PREP TIME: 15 MINS
COOK TIME: 35 MINS
SERVES 4 (AS A MAIN OR LIGHT MEAL)

150g button mushrooms, stems removed
3 carrots, cut into 5cm chunks
1 brown onion, cut into 5cm chunks
6 cloves garlic, peeled
2 tsp olive oil
1½ Tbsp balsamic vinegar
45g (½ cup) quick-cooking oats
200g extra-lean beef mince
200g lean turkey mince
60g egg, lightly whisked
2 tsp Dijon mustard
1 tsp dried mixed herbs
Freshly ground black pepper
60ml (¼ cup) Fountain Reduced Sugar Tomato Sauce
150g green beans, steamed, to serve
2 large carrots, sliced, steamed, to serve

1 **Place mushrooms,** carrot, onion and garlic in a food processor. Cover and pulse until chopped.
2 **Heat oil** in a large non-stick frying pan over medium heat. Add vegies and cook, stirring occasionally, for 6-8 minutes, or until tender. Add vinegar and cook, stirring, for 1-2 minutes, or until vinegar evaporates. Set aside for 10 minutes to cool.
3 **Preheat oven** to 170°C (fan-forced). Line a large ovenproof dish with foil and spray with cooking spray.
4 **Put vegetable mixture,** oats, beef mince, turkey mince, egg, mustard and mixed herbs in a large bowl. Season with pepper. Mix well to combine. Shape mixture into 4 small oval loaves.
5 **Place meatloaves** in prepared dish. Bake for 20-25 minutes, or until cooked through. To serve, top each loaf with tomato sauce. Serve with carrot and beans.

Mini mushroom meatloaves

MAKE AHEAD

Make meatloaves up to end of Step 5, omitting tomato sauce. Set aside for 30 minutes to cool. Wrap each loaf in plastic wrap and put in a freezerproof resealable plastic bag. Freeze for up to 6 months. To serve, thaw loaves overnight in the fridge. To reheat, remove from bags and unwrap. Reheat in 170°C (fan-forced) oven for 20-25 minutes. To reheat from frozen, increase cooking time to 40-45 minutes.

APRICOT DRUMSTICKS WITH ROASTED VEGIES

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A MAIN)

400g kifpler potatoes, scrubbed, halved lengthways
500g green beans, trimmed
1 large red onion, halved, cut into thin wedges
2 Tbsp olive oil
Freshly ground black pepper
½ tsp orange zest
2 Tbsp fresh orange juice
2 Tbsp St Dalfour apricot spread
1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
3 cloves garlic, crushed
4 large chicken drumsticks, skin removed

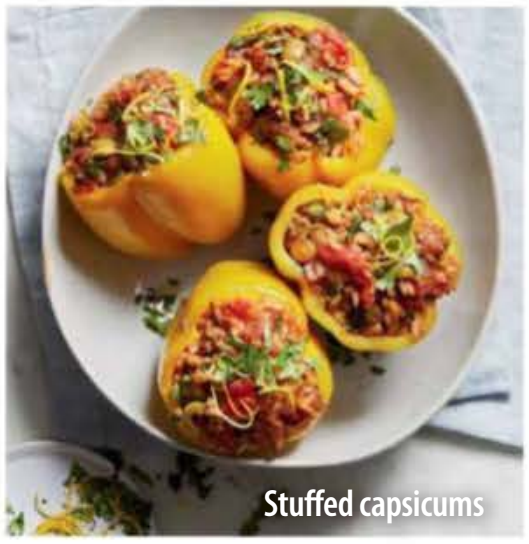
Apricot drumsticks with roasted vegies

1 **Preheat oven** to 200°C (fan-forced). Put potato in a microwave-safe dish along with 60ml (¼ cup) water. Cover potato and cook on high/100% for 2 minutes. Drain.
2 **Combine potato,** green beans and onion wedges in an ovenproof roasting dish. Drizzle with oil and sprinkle with pepper. Toss to combine.
3 **Put orange zest** and juice in a small bowl. Add apricot spread, soy sauce and crushed garlic. Arrange chicken drumsticks in between the vegetables in the dish. Brush drumsticks with half the apricot glaze. Roast for 15 minutes.
4 **Remove chicken** from oven. Stir vegetables and turn drumsticks. Brush chicken with remaining glaze. Roast for a further 20 minutes, or until chicken is cooked through and potato is tender. Serve.

HEALTH TIP

To lower the GI of this meal, try substituting kipfler potatoes with Gilicious potatoes.

ONE PAN
Cleaning up after cooking this one-pan dish is easier when you line the pan with baking paper first.


Stuffed capsicums

Gingered beef and broccoli salad

Simple staples to jazz up any weekday menu

STUFFED CAPSICUMS

PREP TIME: 20 MINS
COOK TIME: 1 HOUR 15 MINS
SERVES 4 (AS A MAIN)

½ tsp olive oil
375g extra-lean beef mince
1 brown onion, chopped
6 cloves garlic, crushed
400g can no-added-salt chopped tomatoes
50g (¼ cup) raisins
3 Tbsp slivered almonds
3 Tbsp chopped pimento-stuffed Spanish olives
1 Tbsp red wine vinegar
1 tsp brown sugar
½ tsp ground cinnamon
½ tsp ground cumin
Freshly ground black pepper
125g cooked brown rice, heated following packet directions
¼ cup chopped coriander, plus extra to serve
4 yellow capsicums
Lemon zest, to serve (optional)

1 **Heat oil** in a large non-stick frying pan over medium heat. Add beef mince and onion. Cook, stirring often, for 3-4 minutes, or until meat is browned.
2 **Add garlic,** chopped tomatoes, raisins, almonds, olives, vinegar, sugar, cinnamon, cumin and pepper to pan. Cover and bring to the boil. Reduce heat to medium and simmer, uncovered, stirring occasionally, for 10 minutes.
3 **Preheat oven** to 170°C (fan-forced). Stir rice and coriander into tomato mixture. Cut tops off capsicums and discard. Remove seeds and membrane. Place capsicums, cut-side up, in an ovenproof dish. Spoon filling into capsicums.
4 **Spray one side** of a piece of foil with cooking spray. Pour 125ml (½ cup) water into baking dish around capsicum. Cover dish with greased foil. Bake for 1 hour, or until filling is heated through and capsicums are tender. Top with lemon zest and extra coriander, if using, and serve.

COOK'S TIP

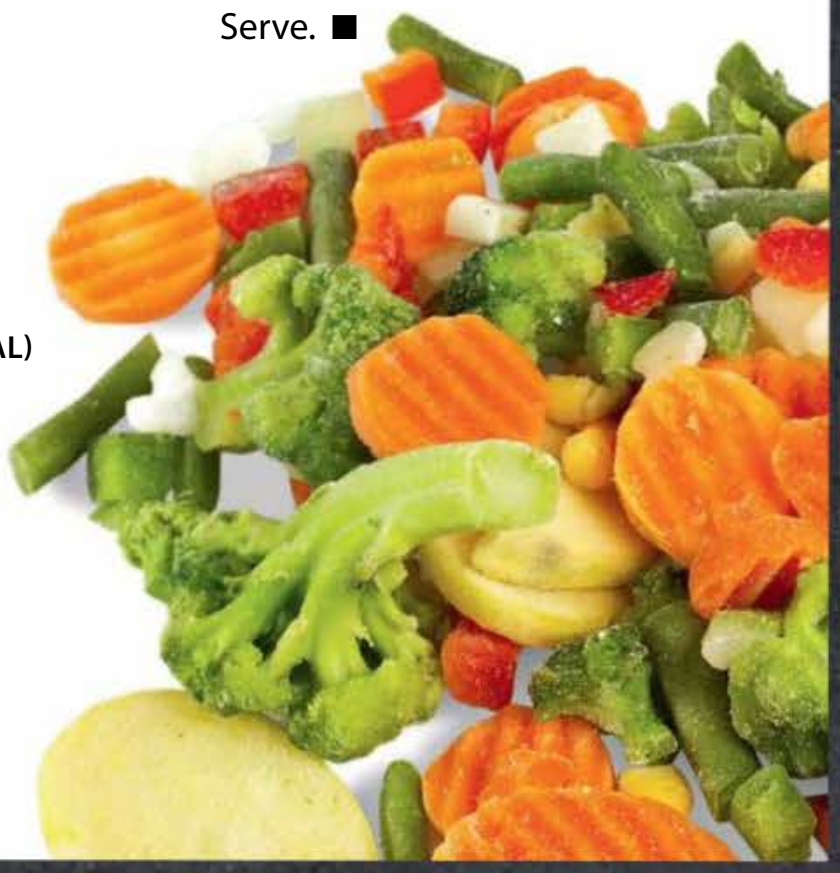
Choose capsicums that are wider than they are tall for easier filling.

GINGERED BEEF AND BROCCOLI SALAD

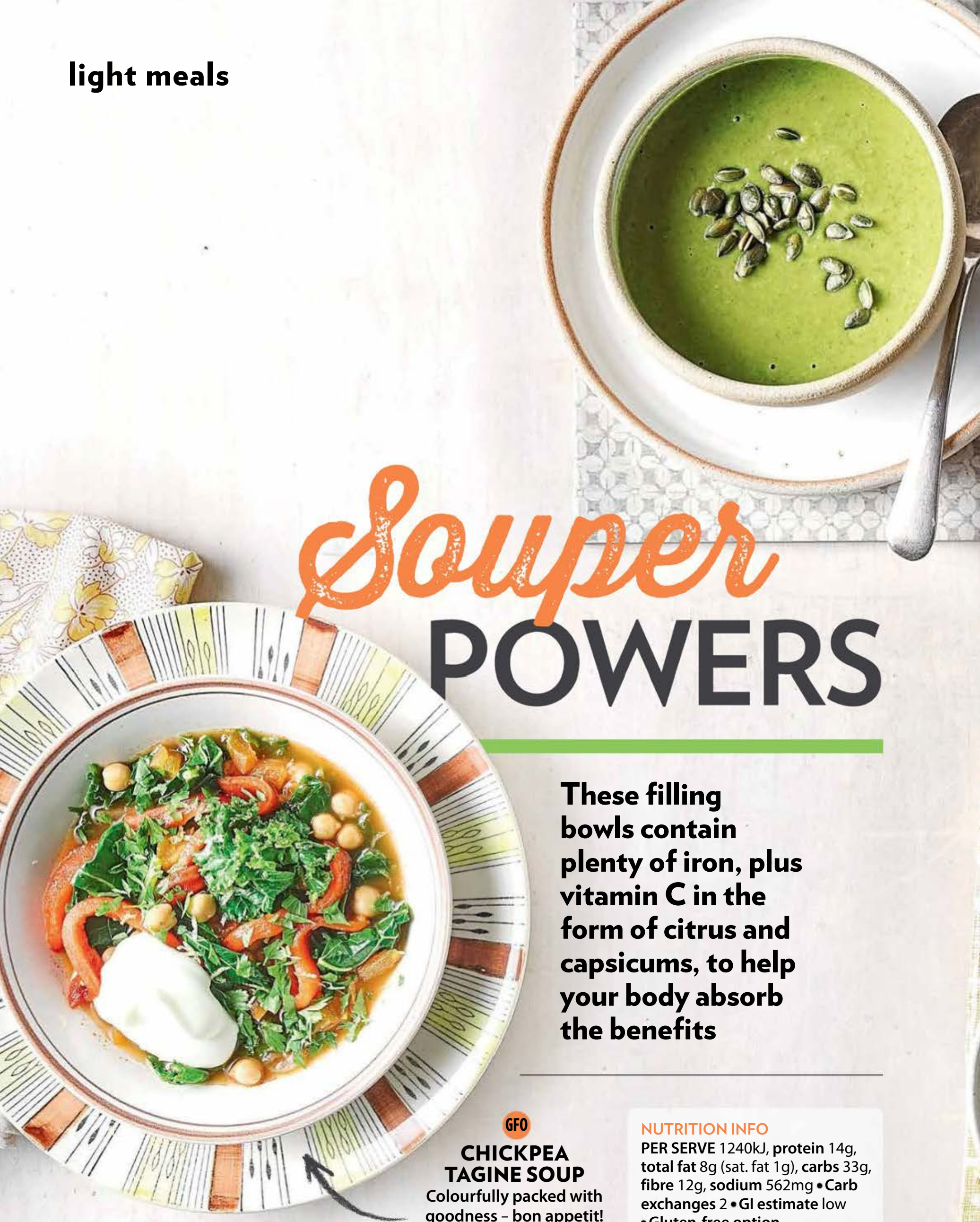
PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 4 (AS A LIGHT MEAL)

2 tsp olive oil
300g broccoli, cut into florets
375g beef sirloin steak, trimmed of fat, thinly diagonally sliced
2 Tbsp fresh lime juice
1 Tbsp sweet chilli sauce or gluten-free sweet chilli sauce
1 tsp finely grated ginger
150g mixed salad leaves
1 red capsicum, chopped

1 **Heat half the oil** in a large non-stick frying pan over medium-high heat. Add broccoli and cook, stirring often, for 3 minutes, or until tender-crisp. Transfer to a bowl.
2 **Heat remaining oil** in same frying pan over high heat. Add beef and cook, stirring often, for 1-2 minutes, or until just cooked. Transfer to bowl with broccoli.
3 **Whisk lime juice,** chilli sauce and grated ginger together in a small bowl. Add mixed salad leaves, chopped capsicum and the ginger dressing to steak and broccoli. Toss well to combine. Serve. ■



ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
ADDITIONAL PHOTOGRAPHY GETTY IMAGES



Souper POWERS

These filling bowls contain plenty of iron, plus vitamin C in the form of citrus and capsicums, to help your body absorb the benefits

GFO

CHICKPEA TAGINE SOUP

Colourfully packed with goodness – bon appetit!

see recipe, page 36 >>

NUTRITION INFO

PER SERVE 1240kJ, **protein** 14g, **total fat** 8g (sat. fat 1g), **carbs** 33g, **fibre** 12g, **sodium** 562mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

HERBY BROCCOLI & PEA SOUP

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVE 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 brown onion, finely chopped
1 large clove garlic, crushed
400g broccoli, chopped into small florets
300g frozen peas
200g silverbeet, chopped
500ml (2 cups) water
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
½ small bunch basil, chopped
Small bunch dill, chopped
1 lemon, zested and juiced
2 Tbsp pumpkin seeds, toasted (see Cook's Tip)

1 **Heat olive oil** in a large saucepan over medium heat. Add onion and cook, occasionally stirring, for 8 minutes, until onion is soft and translucent. Add crushed garlic and cook, stirring, for 1 minute. Add broccoli florets, frozen peas and chopped silverbeet.

2 **Add water and** stock to pan and bring mixture to the boil. Reduce heat to a simmer, then cover and cook for 25 minutes.

3 **Stir herbs, and** lemon zest and juice, into soup. Use a handheld blender to blitz soup until completely smooth. Ladle into bowls and serve with toasted pumpkin seeds scattered over the top.

COOK'S TIP

To toast the pumpkin seeds, cook them in a small non-stick frying pan, stirring often, for 3-4 minutes, or until lightly toasted. ➤

NUTRITION INFO GFO LC
PER SERVE 801kJ, **protein** 13g, **total fat** 9g (sat. fat 1g), **carbs** 10g, **fibre** 11g, **sodium** 452mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

CURRIED SPINACH & LENTIL SOUP

A healthy bowl that packs a real flavour punch.
see recipe, page 36 >>

NUTRITION INFO
PER SERVE 1220kJ, **protein** 16g, **total fat** 10g (sat. fat 2g), **carbs** 26g, **fibre** 11g, **sodium** 524mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

How our food works for you
see page 76

Chickpea tagine soup

Curried spinach & lentil soup

Meat-free Mondays are simple with these easy soups

CHICKPEA TAGINE SOUP

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A LIGHT MEAL)

2 red capsicums
1 Tbsp olive oil
1 red onion, thinly sliced
2 large cloves garlic, crushed
2 tsp ground coriander
1 tsp ground cumin
1½ Tbsp harissa paste or gluten-free harissa paste
2 x 400g cans no-added-salt chickpeas, drained and rinsed
750ml (3 cups) water
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
150g kale, destemmed and chopped
1 lemon, zested and juiced
40g dried apricots, finely chopped
½ small bunch flat-leaf parsley, finely chopped
1 Tbsp per person fat-free natural yoghurt, to serve

1 **Preheat grill on high.** Line a baking tray with foil. Halve and deseed capsicums, then lay cut-side down on tray. Grill for 10-15 minutes, or until skin is blistered and softened. Set aside until cool enough to handle. Remove and discard skins. Slice capsicum into short, thin strips.
2 **Meanwhile,** heat the olive oil in a large saucepan over low heat. Add onion and cook, stirring occasionally, for 8-10 minutes, or until soft. Stir in garlic, coriander, cumin and harissa paste. Cook, stirring, for 1 minute. Add chickpeas, water and stock. Cover and bring to the boil. Reduce heat to medium-low and cook, covered, for 15 minutes.
3 **Add capsicum** to soup with kale, lemon zest and juice and dried apricot. Cook, covered, for a further 5 minutes. Ladle soup into serving bowls. Sprinkle parsley over bowls and serve soups topped with yoghurt.

CURRIED SPINACH & LENTIL SOUP

PREP TIME: 15 MINS
COOK TIME: 45 MINS
SERVES 4 (AS A LIGHT MEAL)

2 Tbsp olive oil
1 brown onion, finely chopped
Pinch ground chillies
1 tsp cumin seeds
1 tsp curry powder or gluten-free curry powder
2 large cloves garlic, crushed
160g dried brown lentils, rinsed until water runs clear
750ml (3 cups) salt-reduced vegetable stock or gluten-free stock
500ml (2 cups) water
1 bunch coriander, leaves picked
30g unsalted cashew nuts, toasted (see Cook's Tip)
2 lemons, zested and juiced
2 Tbsp water
500g baby spinach leaves

1 **Heat 1 Tbsp oil** in a large saucepan. Add chopped onion and cook, stirring occasionally, for 8 minutes, or until onion is soft and translucent. Add ground chillies, cumin, curry and 1 clove garlic. Cook, stirring, for 1 minute.
2 **Add dried lentils,** stock and water to pan. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 30 minutes.
3 **Meanwhile,** put coriander, remaining oil and garlic, the cashew nuts and lemon zest in a food processor. Add the water and process until semi-smooth. Spoon this cashew chutney into a bowl and then set aside.
4 **Stir spinach leaves** into soup and cook for 5 minutes, or until it wilts. Tip half the soup into a blender and blitz until smooth, then return to the pan. Stir through lemon juice to taste.
5 **Ladle soup** into bowls and top with generous dollops of the cashew chutney to serve. ■

Cook's Tip

To toast the cashews, cook in a small non-stick frying pan over medium heat, stirring often, for 3-4 minutes or until lightly toasted.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Pizza in a PARCEL

Try this Italian-inspired snack for a working lunch or a picnic

MOZZARELLA, CAPSICUM & EGGPLANT CALZONE

PREP TIME: 15 MINS
COOK TIME: 35 MINS
SERVES 8 (AS A LIGHT MEAL)

400g wholemeal bread or plain flour, plus extra for dusting
7g sachet dry yeast
2 tsp olive oil, plus extra for greasing
300ml lukewarm water

Filling
2 tsp olive oil
1 red and 1 yellow capsicum, deseeded, cut into small chunks
1 large eggplant, halved lengthways, thinly sliced
2 large cloves garlic, finely chopped
1 Tbsp tomato purée
1 Tbsp balsamic vinegar
2 Tbsp water
Small bunch basil, roughly torn
8 pitted Kalamata olives, halved
125g mozzarella, chopped
Milk or whisked egg, for brushing
Salad, to serve (optional)

1 Put bread flour, yeast, oil and water in a bowl. Use a flat-bladed knife to mix until it starts to come together. Turn out onto a lightly floured surface and knead into a ball (try not to add any extra flour). It will be sticky, but the flour will absorb some moisture. Return dough to bowl and cover with plastic wrap or a clean tea towel. Set aside somewhere warm.

2 Meanwhile, to make filling, heat oil in a large non-stick frying pan over medium heat. Add capsicum chunks and cook for 1-2 minutes, or until they start to soften. Add eggplant and garlic and continue to cook, stirring occasionally, for 8-10 minutes, or until when you gently press the vegetables with a wooden spoon, they start to break down a little.

3 Stir tomato purée, vinegar and water into pan. When vegies are soft, remove pan from heat and stir through torn basil.

4 Preheat oven to 200°C (fan-forced). Line a large baking tray with baking paper. Cut dough into 4. Roll each piece out on a lightly floured surface to a 20cm circle. Spoon a quarter of the filling over one side, scatter over a quarter of the halved olives and top with a quarter of the mozzarella cheese. Brush edges with milk or whisked egg. Fold dough over filling and then pinch edges together at the side. Lift onto lined tray and brush with a little more milk or egg. Repeat with remaining dough and filling to make 4 calzones in total.

5 Bake in preheated oven for 15-20 minutes, or until golden. Set aside for a few minutes to cool slightly. Cut each calzone in half. Serve with a salad, if desired. ■

NUTRITION INFO
PER SERVE 1220kJ, **protein** 12g, **total fat** 8g (sat. fat 3g), **carbs** 37g, **fibre** 9g, **sodium** 143mg
- **Carb exchanges** 2½
- **GI estimate** medium

How our food works for you see page 76

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GFO LC

FULL ENGLISH BREAKFAST

Forget continental, Dad deserves the full royal treatment to start the day right.

see recipe, page 41 >>

LET'S DO brunch

The way to his heart is through food, so share a little love this Father's Day

NUTRITION INFO

PER SERVE 1520kJ, **protein** 23g, **total fat** 20g (sat. fat 5g), **carbs** 18g, **fibre** 11g, **sodium** 397mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

Need to know

A lazy weekend brunch can be a great way to slow down after a busy week. If your first meal of the day is a little later than normal, you may find your mid-morning snack is not always needed. Be sure to consider the carb content of your meal and adjust accordingly to best manage your blood glucose levels.

GF LC

SHAKSHUKA

Put a Middle Eastern twist on the most important meal of the day.

see recipe, page 41 >>

How our food works for you
see page 76

NUTRITION INFO

PER SERVE 1690kJ, **protein** 25g, **total fat** 21g (sat. fat 4g), **carbs** 21g, **fibre** 13g, **sodium** 232mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

For pancakes with a difference, add oats and cinnamon

NUTRITION INFO
PER SERVE 1830kJ, **protein** 15g, **total fat** 18g (sat. fat 3g), **carbs** 49g, **fibre** 11g, **sodium** 263mg
- **Carb exchanges** 3½
- **GI estimate** low

OAT CAKES

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES 2 (AS A BREAKFAST)

1 orange, zested and juiced
120g frozen mixed berries
1 small Pink Lady apple, unpeeled, core removed, finely diced
100g rolled oats
1 tsp baking powder
1 tsp ground cinnamon
100ml oat milk
60g egg, lightly whisked
1 Tbsp olive oil
50g fat-free Greek-style natural yoghurt

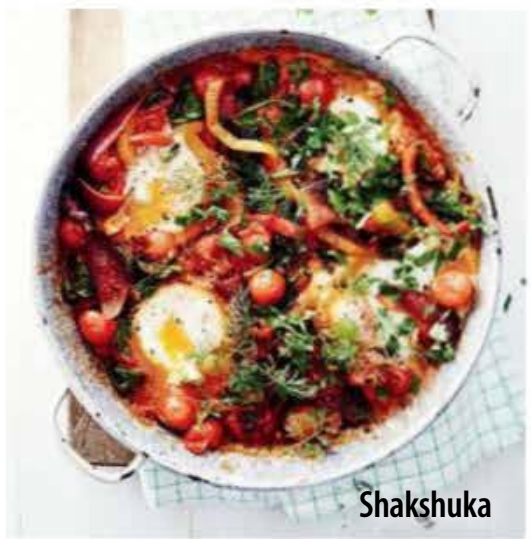
1 Put the orange juice, mixed berries and apple in a small saucepan. Bring to a simmer over medium heat. Simmer for 10-12 minutes, or until berries and apple soften. Remove pan from heat and set aside to cool a little. Add a little water if you'd like to thin the mixture out a bit.

2 Put rolled oats in a small food processor and process to form a coarse flour consistency. Transfer to a mixing bowl. Add baking powder, ground cinnamon and orange zest. Stir well. Whisk together oat milk and egg in a small jug. Add to dry ingredients and stir to combine.

3 Heat a little olive oil in a medium non-stick frying pan over medium heat. Pour in 2 Tbsp of the batter to make a small pancake. Cook for 2 minutes, or until small bubbles start to appear on surface. Flip pancake over and then cook for a further 1 minute. Transfer to a plate. Repeat with remaining olive oil and batter. (You should end up with 6 pancakes.)

4 Stack pancakes on two warm plates. Spoon over fruit compote and top with dollops of Greek-style yoghurt to serve.

Full English breakfast


Shakshuka

FULL ENGLISH BREAKFAST

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A BREAKFAST)

2 Tbsp olive oil
1 small brown onion, finely sliced
3 cloves garlic, 1 crushed, 2 whole
1 heaped tsp sweet smoked paprika
400g can no-added-salt cannellini beans, drained and rinsed
½ x 400g can no-added-salt chopped tomatoes with herbs
1 Tbsp Masterfoods Reduced Salt & Sugar Barbecue Sauce or gluten-free barbecue sauce
300g mushrooms, halved
3 sprigs thyme, plus extra leaves to serve
400g cherry tomatoes on the vine
8 Peppercorn chipolata sausages
4 x 60g eggs
Freshly ground black pepper

1 Preheat oven to 180°C (fan-forced). Heat 1 Tbsp oil in a small saucepan over medium heat. Add onion. Cook, stirring occasionally, for 8-10 minutes, or until onion softens and starts to turn golden brown. Add crushed garlic and paprika to pan. Cook, stirring, for 1 minute. Add beans, canned tomatoes and sauce, and bring to the boil over high heat. Reduce heat to low and then simmer, stirring occasionally, for 10-12 minutes. Cover and set aside.

Cook's Tip
Make this meat-free by swapping the sausages for vegie alternatives.

2 Meanwhile, preheat grill on high. Line a baking tray with foil. Toss halved mushrooms, sprigs of thyme and cherry tomatoes in a roasting pan with remaining garlic and oil. Roast for 12 minutes, or until mushroom and tomatoes are soft. Remove from oven and cover to keep warm. Put chipolatas on lined tray and grill for 4-5 minutes on each side, or until golden brown and cooked through.

3 Crack eggs into a small bowl. Bring a pan of lightly salted water to the boil and swirl vigorously with a wooden spoon to create a whirlpool. Once whirlpool has almost subsided, tip in 1 egg, then lower heat and gently cook for 3 minutes. Scoop out with a slotted spoon, transfer to a plate and repeat with remaining eggs.

Serve roasted vegetables with sausages, eggs and beans. Sprinkle with pepper and scatter with thyme leaves.

SHAKSHUKA

PREP TIME: 10 MINS
COOK TIME: 30 MINS
SERVES 2 (AS A BREAKFAST)

1 Tbsp olive oil
1 red onion, cut into thin wedges
1 red capsicum, finely sliced
1 yellow capsicum, finely sliced
3 large cloves garlic, crushed
1 tsp cumin seeds
1 tsp coriander seeds, crushed
1 heaped tsp sweet smoked paprika
400g can no-added-salt cherry tomatoes
120g baby spinach leaves
100ml water
Freshly ground black pepper
4 x 60g eggs
½ small bunch coriander, roughly chopped
½ small bunch dill, roughly chopped

1 Heat oil in a large non-stick frying pan over medium heat. Add onion and capsicum. Cook, stirring occasionally, for 8-10 minutes, or until vegetables start to soften. Add garlic, cumin seeds, coriander seeds and smoked paprika. Cook, stirring, for 1 minute.

2 Add canned tomatoes, spinach and water to pan. Cook, stirring, until spinach just wilts. Reduce heat to low and simmer, stirring occasionally, for 10 minutes. Season with pepper.

3 Make four indentations in tomato mixture and gently crack an egg into each one. Cover with a lid or foil and continue to cook over low heat for 8-10 minutes, or until eggs are just set.

4 Remove lid or foil and scatter over herbs. Plate up and serve. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

COOKING SCHOOL

DRIED BEANS

When you're trying to eat healthier for less money, no food will give you more bang for your buck than dried beans. Here's your step-by-step cooking guide

Spill THE BEANS

Why go dry? You know beans are an excellent source of fibre and protein. But why dried instead of the very convenient canned variety?

- **Cost**
  Dried beans cost roughly 15 cents a serve, about 70 per cent less than canned beans.
- **Sodium**
  With dried beans, you can control how much salt is added to the pot.
- **Texture**
  Slow-cooking dried beans yields a creamy texture and delicate flavour canned beans just can't beat.

STEP 1

PREP & SOAK

Look for beans that are uniform in size and have a smooth exterior. A good place to buy them is in a wholefoods store, where you can buy only as little or as much as you need. Store them in an airtight glass or plastic container in a cool, dry location until ready to use.

To prepare, pour the beans into a large colander. Pick through them to remove any pebbles or debris, then rinse the beans.

TO SOAK OR NOT TO SOAK?

It isn't necessary to presoak dried beans. However, soaking will reduce the cooking time and may help prevent the beans from getting "blown out" or splitting.

To soak, choose a method (below) based on how much time you have.

OVERNIGHT SOAK

Transfer rinsed beans to a large bowl or pot and cover with at least 5cm of water. Soak at room temperature, covered, for at least 8 hours, or overnight.

QUICK SOAK

Rinse beans and transfer to a large pot, then cover with at least 5cm of water. Bring to a boil and boil for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain beans and rinse with cold water.

STEP 2

COOK

You can cook beans on the stovetop, in the slow cooker or in a pressure cooker. Cooking times will vary depending on the age and type of bean. As a rule of thumb, taste-test 3-5 beans before determining whether they are done or not.

Beans will cook in nothing but water, but you can also include a few aromatics to add subtle flavour. We like to toss in a bay leaf, a few cloves of garlic, a chopped onion and some freshly cracked pepper.

ON THE STOVETOP

1 Transfer soaked, drained beans to a large pot and cover with at least 5cm of water – use about 2L (8 cups) of water for 450g of beans. Add aromatics, if using.

2 Bring to a boil, skimming off any debris that rises to the surface. Reduce heat to low and cook, stirring every 30 minutes or until tender, for 20-45 minutes for lentils or 1-2 hours for beans.

IN THE SLOW COOKER

1 Transfer the soaked, drained beans to a slow cooker and cover with 5 cups of boiling water. Add aromatics, if using.

2 Set the slow cooker to High, cover and cook for 1-3 hours 30 minutes. ➤

Note: Don't use a slow cooker for dried kidney beans. They require high-temperature cooking.

IN THE PRESSURE COOKER

1 Transfer soaked, drained beans to a pressure cooker and add 1 Tbsp oil (to prevent foaming). Cover with 5cm of water (use about 3 cups of water for each 1 cup of beans), add aromatics, if using, then secure and lock the lid.
2 Cook on high pressure for 15-25 minutes.
3 Let pressure release naturally, then unlock the lid and check for tenderness. If beans are not quite cooked through, replace lid, bring to pressure and cook for an additional 5-10 minutes.

STEP 3

USE OR STORE

You can use cooked dried beans in any recipe that calls for canned beans. In general, use 1½ cups of cooked dried beans in place of one 400-425g can of beans.

You can store cooked beans in an airtight container in the fridge for up to 1 week or in the freezer for up to 3 months. To freeze, transfer cooked beans to a freezer-safe container or resealable storage bag and fill to two-thirds full, then seal and freeze (see Cook's Tip, below). Thaw overnight in fridge before reheating or cooking.

COOK'S TIP

To save space with resealable bags, lay the filled bags flat on a baking tray, transfer to the freezer and freeze until firm. Remove the pan and stack or file the flattened bags in the freezer.

BASIC BLACK BEANS

START TO FINISH: 2 HOURS 20 MINS (+ OVERNIGHT SOAKING)
SERVES 10 (½ CUP PER SERVE; AS PART OF A MEAL)

450g dried black beans
1 brown onion, quartered
1 head of garlic, top third trimmed to expose cloves
2 dried bay leaves

1 Pick over and sort beans, then rinse under cold water and transfer to a large bowl. Add 3.5L (14 cups) cold water, cover and soak at room temperature for 8-24 hours. (See Quick Soak, page 43)
2 Drain and rinse beans, then transfer to a large pot or cast iron saucepan and cover with at least 5cm of water.
3 Stir in onion, garlic and bay leaves. Bring to a boil over high heat. Boil for 10 minutes. Reduce heat to medium-low and simmer for 1½-2 hours, stirring every 30 minutes or until tender.
4 Discard onion pieces, garlic and bay leaves. Using a slotted spoon, transfer beans to a serving dish or storage container. (Reserve cooking liquid for soups or stews, if desired.) Serve.

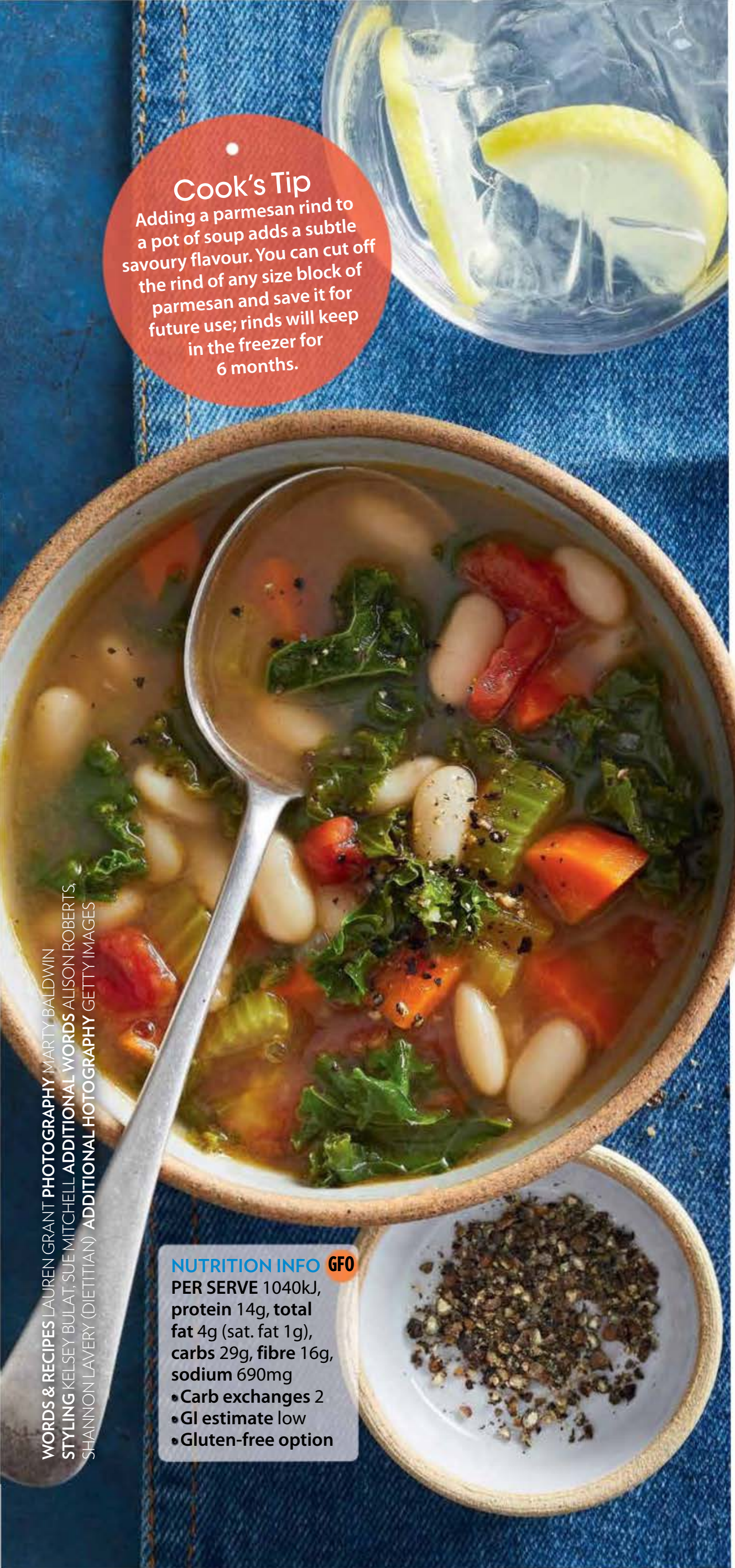
COOK'S TIP

Beans will keep in the fridge for up to 1 week and in the freezer for up to 3 months.

NUTRITION INFO GF

PER SERVE (½ cup) 638kJ, **protein** 10g, **total fat** 0g (sat. fat 0g), **carbs** 17g, **fibre** 7g, **sodium** 4mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**

Cooking times
The age and size of beans both affect cooking times. In general, older beans take longer to cook than fresher beans, and larger beans take longer than smaller beans. Here is a general guide for the stovetop.
Chickpeas
2-3 hours
Lentils
20-45 minutes
Cannellini beans
1½-2 hours



Cook's Tip

Adding a parmesan rind to a pot of soup adds a subtle savoury flavour. You can cut off the rind of any size block of parmesan and save it for future use; rinds will keep in the freezer for 6 months.

TUSCAN WHITE BEAN SOUP

PREP TIME: 15 MINS (+ OVERNIGHT SOAKING)
COOK TIME: 1 HOUR 50 MINS
SERVES 8 (AS A LIGHT MEAL)

- 450g dried cannellini or great northern beans
- 1 Tbsp olive oil
- 2 brown onions, finely chopped
- 1 cup diced carrots
- 1 cup diced celery
- 4 cloves garlic, finely chopped
- 1.5L (6 cups) water
- 500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
- 2 dried bay leaves
- 1 parmesan rind (optional, see Cook's Tip)
- 6 cups chopped fresh kale
- 400g can no-salt-added diced tomatoes, drained
- 2 tsp finely chopped rosemary
- 3 Tbsp white wine vinegar
- Freshly ground black pepper

1 **Pick over and sort beans,** rinse under cold water and transfer to a large bowl. Add 3.5L (14 cups) cold water, cover and soak at room temperature for 8-24 hours (see Quick Soak, page 43). Drain and rinse beans.

2 **Heat oil in a large** heavy based saucepan over medium heat. Add onion, carrot and celery. Cook, stirring occasionally, for 8 minutes, or until starting to soften. Add garlic and cook, stirring, for 1 minute.

3 **Add water, stock,** soaked beans, bay leaves and parmesan rind, if using, to pan. Increase heat to high and bring to boil. Cook for 5 minutes. Reduce heat to low and cook, partially covered, for 45-50 minutes, or until beans are nearly tender.

4 **Stir in kale,** diced tomatoes and rosemary. Partially cover and continue to cook for 30-45 minutes, until beans are tender.

5 **Discard bay leaves** and rind. Stir in vinegar. Season. Serve. ■

NUTRITION INFO GFO
PER SERVE 1040kJ, **protein** 14g, **total fat** 4g (sat. fat 1g), **carbs** 29g, **fibre** 16g, **sodium** 690mg
- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

WORDS & RECIPES LAUREN GRANT **PHOTOGRAPHY** MARTY BALDWIN
STYLING KELSEY BULAT, SUE MITCHELL **ADDITIONAL WORDS** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL HOTOGRAPHY** GETTY IMAGES

LC

ROASTED CARROTS, CAULIFLOWER, GRAINS & CARROT-TOP DRESSING

The zingy dressing makes this a winner.

see recipe, page 53 >>

NUTRITION INFO

PER SERVE 1240kJ, **protein** 6g, **total fat** 17g (sat. fat 3g), **carbs** 26g, **fibre** 9g, **sodium** 196mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

WINTER *warmers*

Treat your tastebuds with bold bakes, warming soups or an enticing stew

GFO LC

SAUSAGE MEATBALL AND PUMPKIN TRAYBAKE

Be tempted by meatballs with a touch of fennel.

see recipe, page 53 >>

How our food works for you

see page 76

NUTRITION INFO

PER SERVE 1430kJ, **protein** 21g, **total fat** 17g (sat. fat 5g), **carbs** 22g, **fibre** 8g, **sodium** 743mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Banish the cold with a hearty and oh-so nutritious bowl of soup

GFO LC

SPICY CHILLI BEAN SOUP

It's still chilly, so reach for the chilli to warm up!

see recipe, page 53 >>

NUTRITION INFO

PER SERVE 951kJ, **protein** 8g, **total fat** 9g (sat. fat 2g), **carbs** 24g, **fibre** 9g, **sodium** 401mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

NUTRITION INFO
PER SERVE 642kJ, **protein** 12g, **total fat** 3g (sat. fat 1g), **carbs** 16g, **fibre** 7g, **sodium** 678mg
- **Carb exchanges** 1
- **GI estimate** low
- **Lower carb**

LC

HEARTY VEGETABLE AND BACON SOUP

This classic warming soup ticks all the boxes.

see recipe, page 54 >>

Cook's Tip
Freeze any leftovers for up to 3 months.

NUTRITION INFO GFO

PER SERVE (with rice) 2070kJ, **protein** 21g, **total fat** 14g (sat. fat 2g), **carbs** 59g, **fibre** 16g, **sodium** 660mg

- **Carb exchanges** 4
- **GI estimate** low
- **Gluten-free option**

PER SERVE GFO (without rice) 1640kJ, **protein** 20g, **total fat** 13g (sat. fat 2g), **carbs** 38g, **fibre** 16g, **sodium** 658mg

- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten-free option**

CHANA MASALA WITH POMEGRANATE RAITA

A fragrant Indian dish that can be on the table in just over 30 minutes.

see recipe, page 54 >>

GFO

MEXICAN-STYLE LAMB STEW

Try a different spin on lamb with lots of flavour from south of the border. Olé!

see recipe, page 55 >>

NUTRITION INFO

PER SERVE 1820kJ, **protein** 32g, **total fat** 14g (sat. fat 5g), **carbs** 41g, **fibre** 8g, **sodium** 482mg

- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten-free option**

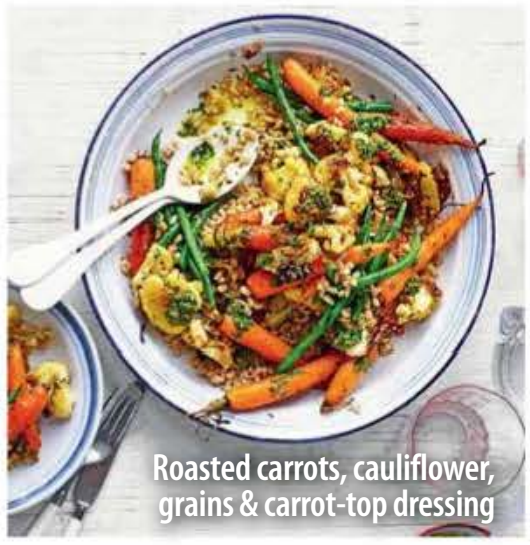
SHEPHERD'S PIE BAKED TATTIES

It's hard to go wrong with a baked spud – just make sure you make enough!

see recipe, page 55 >>

NUTRITION INFO

PER SERVE 1940kJ, **protein** 31g, **total fat** 15g (sat. fat 6g), **carbs** 44g, **fibre** 8g, **sodium** 547mg • **Carb exchanges** 3 • **GI estimate** medium


Roasted carrots, cauliflower, grains & carrot-top dressing

Sausage meatball and pumpkin traybake

Spicy chilli bean soup

ROASTED CARROTS, CAULIFLOWER, GRAINS & CARROT-TOP DRESSING

PREP TIME: 20 MINS
COOK TIME: 30 MINS
SERVES 6 (AS A LIGHT MEAL)

600g cauliflower, cut into florets, leaves cut into small pieces and stalks trimmed and cut into chunks
300g baby (Dutch) carrots with tops, peeled and tops trimmed and reserved for dressing (see below)
2 tsp cumin seeds
2 tsp honey
2 Tbsp olive oil
180g pearl barley
100g small green beans, trimmed

Dressing
Carrot tops (see above)
2 handfuls flat-leaf parsley
1 handful mint leaves
1 Tbsp drained capers in vinegar
1 Tbsp Dijon mustard
60ml (¼ cup) olive oil
2 Tbsp water
1 Tbsp apple cider or malt vinegar

1 **Preheat oven** to 200°C (fan-forced). Line a large shallow roasting pan with baking paper.
2 **Combine cauliflower** (including leaves and stalks) and carrots in a bowl with cumin seeds, honey and 1½ Tbsp olive oil. Roast vegetables in pan for 30 minutes, turning them occasionally, until caramelised.
3 **Meanwhile,** cook barley in a medium saucepan of boiling water for 15-20 minutes, or until tender, adding green beans for the last 2 minutes of cooking. Drain barley and beans. Transfer to a bowl and toss with remaining oil. Set aside.
4 **To make dressing,** tip all ingredients into a small food processor or mini chopper and blitz to a thick paste. Tip grains and beans onto a platter with carrots and cauliflower scattered over. Spoon over some of the dressing and serve any extra on the side.

SAUSAGE MEATBALL AND PUMPKIN TRAYBAKE

PREP TIME: 10 MINS
COOK TIME: 50 MINS
SERVES 4 (AS A MAIN)

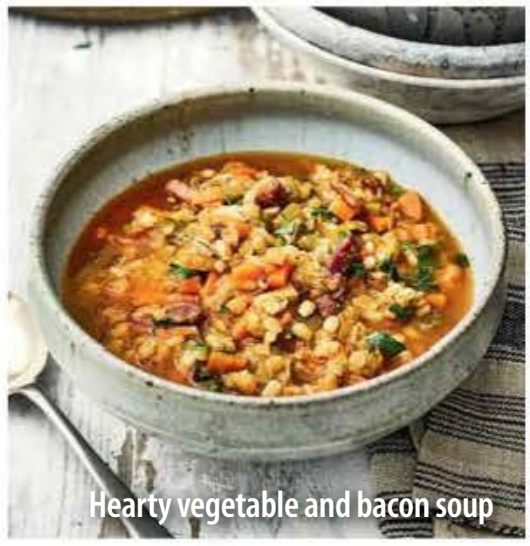
450g pkt Peppercorn Pork & Red Onion Sausages, skins removed
1 tsp fennel seeds, crushed
1 Tbsp shredded sage leaves, plus extra to serve
500g butternut pumpkin, peeled and cut into bite-sized pieces
2 small red onions, cut into wedges
1 Tbsp olive oil
Freshly ground black pepper
100ml salt-reduced chicken stock or gluten-free stock
150g broccolini, steamed, to serve
150g green beans, steamed, to serve

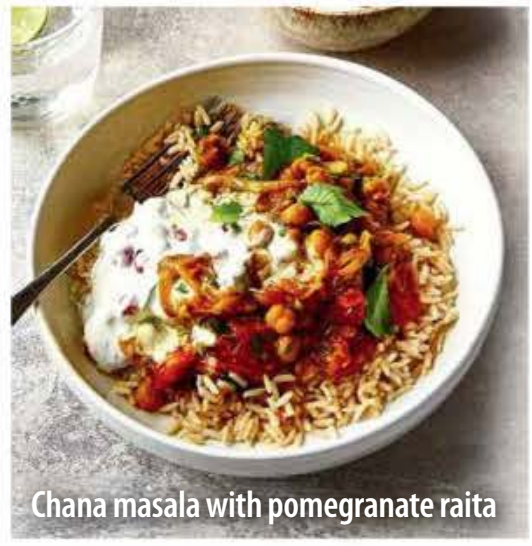
1 **Preheat oven** to 170°C (fan-forced). Line a shallow baking tray with baking paper. Put sausage meat, fennel seeds and 1 Tbsp sage into a bowl. Mix until well combined and then divide mixture into 15 meatballs.
2 **Put pumpkin and** onion wedges in the lined tray. Drizzle over olive oil and season with pepper. Spread out over tray and sit meatballs between vegetables. Bake for 30-40 minutes, or until pumpkin is tender and meatballs are browned and cooked through.
3 **Pour stock** over vegetables and meatballs. Cook for a further 10 minutes. Sprinkle over more sage. Serve meatballs and vegies with broccolini and green beans.

SPICY CHILLI BEAN SOUP

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 large brown onion, finely chopped
1 clove garlic, crushed
1 Tbsp tomato puree ➤


Hearty vegetable and bacon soup


Chana masala with pomegranate raita

1 tsp Mexican chilli powder
½ tsp ground cumin
400g can no-added-salt chopped tomatoes
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
400g can no-added-salt four bean mix, drained and rinsed
1 red capsicum, finely chopped
50g (2 cups) tortilla chips or gluten-free tortilla chips, to serve
4 lime wedges, to serve

1 **Heat olive oil** in deep saucepan over medium heat. Add onion and cook, stirring occasionally, for 6-7 minutes, or until onion softens. Add crushed garlic and tomato puree. Cook, stirring, for 1-2 minutes. Add chilli powder and cumin. Cook, stirring, for 1 minute.
2 **Add canned tomatoes** to pan. Half fill the can with water and add to pan with the stock. Cover and bring to a simmer over high heat. Reduce heat to medium and simmer for 15 minutes.
3 **Use an electric hand mixer** to blend until smooth. Stir in bean mix and chopped capsicum. Cook for a further 10-15 minutes, or until capsicum is tender. Serve in bowls each topped with ½ cup tortilla chips and a lime wedge.

HEARTY VEGETABLE AND BACON SOUP

PREP TIME: 15 MINS
COOK TIME: 40 MINS
SERVES 6 (AS A LIGHT MEAL)

170g lean bacon, trimmed of fat, chopped
2 leeks, chopped
2 cloves garlic, crushed
2 carrots, finely chopped
2 stalks celery, finely chopped
4 Tbsp split red lentils, rinsed
4 Tbsp pearl barley
500ml (2 cups) salt-reduced chicken stock
500ml (2 cups) water
1 Tbsp tomato puree
2 Tbsp finely chopped flat-leaf parsley

1 **Heat a large** non-stick saucepan over medium heat. Add bacon and cook, stirring occasionally, for 4-5 minutes, or until light golden brown. Add leek, crushed garlic, carrot and celery. Reduce heat to low and cook, stirring occasionally, for 10 minutes, or until vegies soften.
2 **Add red lentils,** pearl barley, stock, water and tomato puree to pan. Bring to a simmer over medium heat. Simmer for 15-20 minutes, or until barley and lentils are tender. Stir in parsley and simmer for 2 minutes. Serve.

CHANA MASALA WITH POMEGRANATE RAITA

PREP: 10 MINS
COOK TIME: 35 MINS
SERVES 2 (AS A MAIN)

1 Tbsp olive oil
2 brown onions, halved, thinly sliced
1 Tbsp chopped ginger
2 large cloves garlic, finely grated or crushed
1 green chilli, halved, deseeded, thinly sliced
½ tsp cumin seeds
½ tsp mustard seeds
½ tsp garam masala
½ tsp ground turmeric
1 tsp ground coriander
400g can no-added-salt chickpeas, undrained
4 small tomatoes, cut into wedges
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
55g (¼ cup) low-GI brown rice, cooked, to serve (optional)
Coriander leaves, to serve

Pomegranate raita
150g Jalna Fat Free BioDynamic Yoghurt
25g pomegranate seeds
2 Tbsp finely chopped coriander

1 **Heat olive oil** in a large non-stick saucepan over medium heat. Add sliced onions, ginger, garlic and green chilli. Cook, stirring occasionally, for 15-20 minutes, or until onion is very soft.
2 **Add cumin seeds,** mustard seeds, garam masala, turmeric, coriander, chickpeas and their liquid, three quarters of a can of cold water, tomato wedges and the stock powder. Cover and simmer for 10 minutes.
3 **Meanwhile,** for pomegranate raita, combine all ingredients in a small bowl.
4 **Roughly mash** some of the curry to thicken it. Spoon into bowls with brown rice, if you like. Scatter over coriander

Mexican-style lamb stew

Shepherd's pie baked tatties

leaves and serve curry with pomegranate raita.

MEXICAN-STYLE LAMB STEW

PREP TIME: 20 MINS
COOK TIME: 1 HOUR 50 MINS
SERVES 4 (AS A MAIN)

500g lamb neck chops, all excess fat removed, cut into chunks
Freshly ground black pepper
1 brown onion, chopped
4 cloves garlic, crushed
1 Tbsp chipotle chilli paste
1 tsp dried oregano
1 stick cinnamon
3 cloves
2 Tbsp apple cider vinegar
400g can no-added-salt chopped tomatoes
300ml salt-reduced chicken stock or gluten-free stock
1 Tbsp brown sugar
150g roasted red peppers from a jar, chopped
1 red onion, finely chopped, to serve
Coriander leaves, chopped, to serve
Lime wedges, to serve
110g (½ cup) low-GI brown rice, cooked, to serve
2 carrots, sliced, steamed, to serve
2 zucchinis, sliced, steamed, to serve

1 **Heat a large non-stick** deep frying pan over high heat. Season lamb with pepper. Add half the lamb to pan. Cook, stirring occasionally, for 2-3 minutes, or until meat is browned. Transfer to a plate and then repeat with remaining lamb. Remove all lamb from pan.
2 **Add brown onion** and crushed garlic to frying pan over medium heat. Cook, stirring often, for 6-7 minutes, or until onion softens. Add chilli paste, dried oregano, the stick of cinnamon and the cloves. Cook, stirring occasionally, for 3 minutes.
3 **Return lamb** to pan and stir until coated in onion and spices. Add vinegar, canned tomatoes, chicken stock, sugar and peppers to pan. Simmer for 1-1½ hours, or until lamb is very tender.
4 **Serve stew** with chopped red onion, coriander, lime wedges, rice and steamed vegetables.

SHEPHERD'S PIE BAKED TATTIES

PREP TIME: 20 MINS
COOK TIME: 1 HOUR 25 MINS
SERVES 4 (AS A MAIN)

4 large (300g each) potatoes
300g lean lamb mince
1 brown onion, chopped
1 clove garlic, crushed
1 carrot, grated
1 stalk celery, finely chopped
½ tsp finely chopped rosemary
1 Tbsp plain flour
2 Tbsp red wine
400ml salt-reduced chicken stock
Dash of Worcestershire sauce
25g margarine
1 Tbsp chopped chives
100g reduced-fat grated cheese

1 **Preheat oven** to 200°C (fan-forced). Prick potatoes all over with a fork. Place on a baking tray and then bake for 45-60 minutes, or until potatoes are tender.
2 **Meanwhile,** heat a medium non-stick frying pan over medium-high heat. Add lamb mince and cook, stirring often, for 3-4 minutes, or until mince is well browned. Add chopped brown onion and cook, stirring occasionally, for 5 minutes. Add crushed garlic, carrot, celery and rosemary. Cover and reduce heat to medium-low. Cook, covered, for 10 minutes, stirring occasionally, until vegetables are very soft.
3 **Add plain flour** to frying pan and cook, stirring, until well combined. Add red wine and simmer until wine evaporates. Stir in stock and Worcestershire sauce. Cover and then simmer for 20 minutes.
4 **Halve potatoes** and scoop out middles into a bowl, leaving a 1cm-thick shell of potato behind. Mash margarine into scooped out potato with a fork. Stir in half the chopped chives and three-quarters of the grated cheese.
5 **Put potato halves** on a large roasting tray. Divide mince between shells and top with cheesy mash. Rough up surface with a fork. Sprinkle over remaining cheese. Bake for 20-25 minutes, or until golden and bubbling. Sprinkle with remaining chives. Serve. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Quick & easy BREAKFASTS

Start your day off right with a nutrient-packed beverage or bowl

SUPER-GREEN THICKIE

PREP TIME: 5 MINS
SERVES 2 (AS A LIGHT BREAKFAST)

20g baby spinach leaves
20g kale, stem removed and chopped
1 large banana
1½ Tbsp sugar-free maple syrup
150ml oat milk or milk of your choice, plus a little extra if needed
3 Tbsp rolled oats
1 Tbsp flaxseeds
Ice cubes, to serve

1 **Put spinach, kale,** banana, maple syrup, oat milk, oats and flaxseeds in a blender or food processor. Cover and blend until smooth, adding a little more milk if it's too thick.
2 **Pour thickie into** two glasses with ice cubes and serve immediately.

Health Tip

A light brekkie can be useful when you know you have a larger than normal morning tea or lunch planned for a special occasion. However, it is still important to consider how many carbs are right for you to help manage your blood glucose levels and avoid hypos.

How our food works for you
see page 76

NUTRITION INFO LC
PER SERVE 745kJ, **protein** 5g, **total fat** 6g (sat. fat 1g), **carbs** 22g, **fibre** 6g, **sodium** 84mg
• **Carb exchanges** 1½
• **GI estimate** low • **Lower carb**

BERRY AND NUT BUTTER PORRIDGE

PREP TIME: 5 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A BREAKFAST)

80g rolled oats
400ml almond milk
½ tsp ground cinnamon
1½ Tbsp honey
100g frozen mixed berries
1 Tbsp almond spread
30g skin-on almonds, roughly chopped

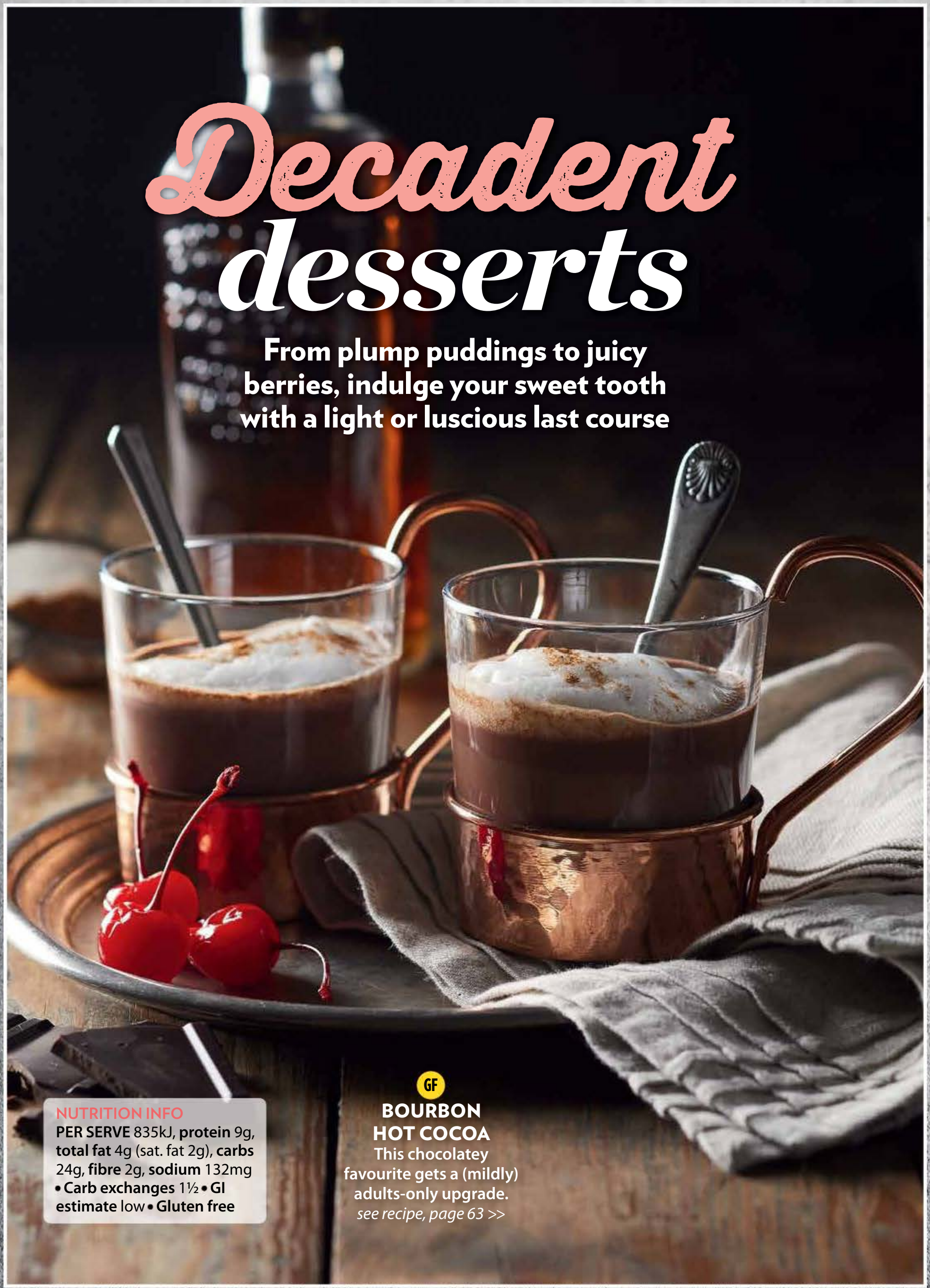
1 Put rolled oats, milk, cinnamon and honey in a small saucepan. Bring to a simmer over medium heat. Cook, stirring, for 5 minutes, or until oats are creamy and cooked.
2 Add frozen berries to pan. Cook for 2 minutes, or until warmed through. Stir in almond spread. Divide between serving bowls and top with almonds. Serve. ■

NUTRITION INFO
PER SERVE 1910kJ, **protein** 11g, **total fat** 22g (sat. fat 2g), **carbs** 52g, **fibre** 8g, **sodium** 157mg
- **Carb exchanges** 3½
- **GI estimate** low

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Decadent desserts

From plump puddings to juicy berries, indulge your sweet tooth with a light or luscious last course



NUTRITION INFO

PER SERVE 835kJ, **protein** 9g, **total fat** 4g (sat. fat 2g), **carbs** 24g, **fibre** 2g, **sodium** 132mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

GF

BOURBON HOT COCOA

This chocolatey favourite gets a (mildly) adults-only upgrade.

see recipe, page 63 >>

How our food works for you
see page 76

NUTRITION INFO

PER SERVE (with sugar) 938kJ, **protein** 6g, **total fat** 3g (sat. fat 1g), **carbs** 40g, **fibre** 3g, **sodium** 176mg • **Carb exchanges** 2½ • **GI estimate** high

PER SERVE (with sugar substitute) 843kJ, **protein** 6g, **total fat** 3g (sat. fat 1g), **carbs** 34g, **fibre** 3g, **sodium** 177mg • **Carb exchanges** 2½ • **GI estimate** high

PANCAKES WITH MIXED BERRY COMPOTE

With big texture and taste, this is a total crowd-pleaser.

see recipe, page 63 >>

CREAMY VANILLA RICE PUDDING

Dreamy and creamy, rice makes the switch from savoury to sweet.

see recipe, page 63 >>

NUTRITION INFO GF

PER SERVE (with sugar) 713kJ, **protein** 8g, **total fat** 2g (sat. fat 2g), **carbs** 29g, **fibre** 0g, **sodium** 68mg
- **Carb exchanges** 2
- **GI estimate** high
- **Gluten free**

PER SERVE GF (with sugar substitute) 644kJ, **protein** 8g, **total fat** 2g (sat. fat 2g), **carbs** 25g, **fibre** 0g, **sodium** 68mg
- **Carb exchanges** 1½
- **GI estimate** high
- **Gluten free**

Cook's Tip

The depth of the mixture in the baking dish is important to ensure this pud doesn't dry out. Use a small, shallow dish. The mixture should be about 4cm deep once poured in.

NUTRITION INFO

PER SERVE 890kJ, **protein** 7g, **total fat** 7g (sat. fat 1g), **carbs** 30g, **fibre** 1g, **sodium** 62mg

- **Carb exchanges** 2
- **GI estimate** medium

CRANBERRY-ORANGE PUDDING CAKES

Why choose between pudding and cake? Have the best of both worlds instead!

see recipe, page 64 >>

Add fruit to your fave dessert for an extra pop of zesty flavour

A favourite dessert for any BBQ or night in front of the fireplace

Cook's Tip
These can be prepared the day before – just keep in the fridge until it's time to cook.

NUTRITION INFO
PER SERVE 695kJ, **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 23g, **fibre** 4g, **sodium** 41mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**

GFO

BARBECUED BANOFFEE SPLITS

Using the barbie adds a uniquely Aussie spin to this British delight.

see recipe, page 64 >>

Bourbon hot cocoa

Pancakes with mixed berry compote

Creamy vanilla rice pudding

BOURBON HOT COCOA

PREP TIME: 5 MINS
COOK TIME: 10 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

20g dark chocolate, chopped
1½ Tbsp cocoa powder
375ml (1½ cups) skim milk, plus 60ml (¼ cup) extra
2 tsp honey
1½ Tbsp bourbon
Ground cinnamon, to serve (optional)

1 **Put chocolate** and cocoa powder in a small saucepan. Add the 1½ cups milk and the honey. Cook, whisking, over medium heat, until chocolate melts and mixture comes to simmer. Stir in bourbon. Pour between heatproof serving glasses or mugs.
2 **For topper,** place extra ¼ cup milk in a small microwave-safe bowl. Microwave on high/100% for 20-30 seconds, or until warm. Whisk until frothy. Top hot cocoa with frothy milk and sprinkle with cinnamon, if you like, to serve.

PANCAKES WITH MIXED BERRY COMPOTE

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

200g mixed frozen berries
1 Tbsp icing sugar or granulated sugar substitute
Squeeze of fresh lemon juice
150g (1 cup) plain flour
1 Tbsp caster sugar or granulated sugar substitute
2 tsp baking powder
½ tsp vanilla extract
200ml light milk
2 tsp light olive oil

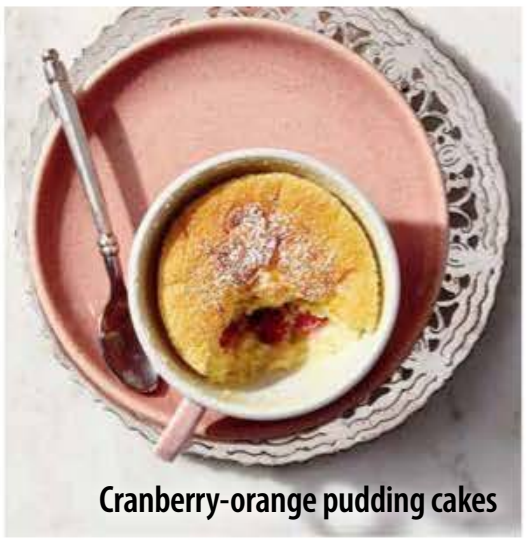
1 **Put berries,** icing sugar and lemon juice in a small pan. Cook over low heat, stirring often, for 5-10 minutes, or until berries soften and are saucy. Cover and set aside to keep warm.
2 **Combine plain flour,** caster sugar and baking powder in a bowl. Add vanilla and milk. Whisk to combine.
3 **Brush a large non-stick** frying pan with a little olive oil. Add a heaped tablespoonful of batter to pan, cooking three pancakes at a time. Cook for 2 minutes, or until bubbles appear on the surface. Flip over and cook for 30 seconds on second side, or until light golden brown. Transfer to plate lined with a clean tea towel. Wrap up to keep warm. Repeat with remaining batter, greasing pan in between batches (should have 12 in total).
4 **Serve pancakes** with berry compote.

CREAMY VANILLA RICE PUDDING

PREP TIME: 5 MINS
COOK TIME: 1 HOUR 30 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

¼ tsp margarine, for greasing
75g (⅓ cup) short-grain rice
1 Tbsp brown sugar or granulated sugar substitute
2 tsp caster sugar or granulated sugar substitute
700ml light milk, plus 50ml extra
½ vanilla pod
Fresh or defrosted frozen raspberries, to serve (optional)

1 **Preheat oven** to 130°C (fan-forced). Grease a 1.2L (5 cup and 5cm deep) ovenproof baking dish and place on a baking tray.
2 **Place rice** in saucepan with both sugars and 700ml milk. Split vanilla pod in half; scrape out seeds into pan. Add pod. Heat milk, whisking, over medium heat. As the mixture is about to come to the boil, immediately remove it from heat.
3 **Pour mixture into** baking dish, scraping out all rice and seeds from bottom of pan. Bake for 30 minutes. Remove from oven and stir. Return to oven for a further 30 minutes and then stir again. Return to oven for a further 25-30 minutes, or until rice is cooked and has absorbed enough milk to give the mixture a creamy consistency.
4 **Remove pudding** from oven and set aside for 2 minutes. Stir in 50ml milk. Serve with berries, if using. ➤


Cranberry-orange pudding cakes

Barbecued banoffee splits

Warm the heart with dessert fresh from the oven

CRANBERRY-ORANGE PUDDING CAKES

PREP TIME: 10 MINS (+ COOLING)
COOK TIME: 30 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

60g (¼ cup) sugar
1 Tbsp granulated sugar substitute
2 x 60g eggs, separated
1 Tbsp grated orange zest
60ml (¼ cup) fresh orange juice
1 Tbsp olive oil
5 Tbsp plain flour
125ml (½ cup) skim milk
60g (½ cup) frozen cranberries
1 tsp icing sugar

1 **Preheat oven** to 160°C (fan-forced). Place four 185ml (¾ cup) ovenproof ramekins in a 20cm square baking dish with tall sides. Put a kettle of water on to boil for the water bath.
2 **Place sugar,** sugar substitute, egg yolks, orange zest, orange juice and olive oil in a large bowl. Whisk vigorously until light in colour and foamy, for about 1 minute. Add plain flour and milk to egg yolk mixture in 3 additions, alternating flour mixture with milk and whisking well after each addition.
3 **Put egg whites** in a medium bowl. Using an electric mixer on medium-high speed, beat until stiff peaks form. Using a flexible spatula, fold beaten whites into batter in 3 batches.
4 **Divide frozen cranberries** evenly among ramekins. Spoon batter evenly between ramekins.
5 **Pour the boiling water** into the baking dish to reach halfway up sides of ramekins. Bake in oven for 30 minutes, or until tops of cakes have puffed and are lightly browned.
6 **Remove baking dish** from oven. Transfer ramekins to a wire rack and set aside for 10 minutes to cool slightly. Dust with icing sugar before serving warm or at room temperature.

BARBECUED BANOFFEE SPLITS

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

15g margarine
1 Tbsp brown sugar
¼ tsp vanilla extract
2 small ripe bananas, unpeeled
3 tsp chopped pecans, to serve
2 small scoops sugar-free or gluten-free ice cream, to serve

1 **Combine margarine,** brown sugar and vanilla extract in a small bowl. Split the inside curve of each banana with a knife, being careful not to cut all the way through.
2 **Spread out a spoonful** of margarine mixture into each split, then put bananas, split-side up, onto individual pieces of foil (the piece of foil should be large enough to encase bananas completely). Crimp edges of foil to seal parcels.
3 **Preheat a barbecue** on low or until a thin layer of coals has turned grey. Add parcels and cook for 15 minutes, turning once.
4 **Carefully unwrap** parcels, reserving any sauce that's inside. Transfer bananas to plates, then scatter over chopped pecans and drizzle over any sauce reserved from bases of foil parcels. Serve each banana split with a scoop of ice cream. ■

RECIPES IMMEDIATE MEDIA, LAUREN GRANT, SARA HAAS, COLLEEN WEEDEN **PHOTOGRAPHY** IMMEDIATE MEDIA, JACOB FOX, CARSON DOWNING, MARTY BALDWIN **STYLING** SAMMY MILA, SUE MITCHELL, GREG LUNA, TARI COLBY, BRIDGET SANDQUIST, JENNIFER PETERSEN **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Healthy SNACKS

Don't just think fruit and veg sticks! Whip up these tasty treats for a snack between meals

How our food works for you
see page 76

NUTRITION INFO
PER SERVE 432kJ, **protein** 2g, **total fat** 5g (sat. fat 1g), **carbs** 11g, **fibre** 2g, **sodium** 16mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

LC

APPLE CRUMBLE ENERGY BALLS

Pack a winter warmer into bite-sized pieces!

see recipe, page 69 >>

CHOCOLATE CHIP BISCUITS

Grab your favourite beverage and enjoy this classic treat.

see recipe, page 69 >>

NUTRITION INFO
PER SERVE 409kJ, **protein** 1g, **total fat** 5g (sat. fat 2g), **carbs** 12g, **fibre** 0g, **sodium** 80mg
- **Carb exchanges** 1
- **GI estimate** medium

Cook's Tip

You can freeze the dough once on the baking trays. Place in the freezer until frozen. Transfer to resealable freezer bags. Freeze for up to 1 month. Cook from frozen.

MAKING IT **HEALTHIER**

A regular store-bought chocolate chip biscuit can contain anywhere from 450-600kJ and up to 8g of fat and 20g of carbs. Our healthier version contains far less kilojoules, fat, saturated fat and carbs. **Here's how we did it.**

- Reduced total fat and saturated fat by using **less chocolate** (but put chocolate on top for an extra chocolate hit) and, instead of butter, we have opted for **margarine,** which is based on healthier fats, and used less of it.
- Cut carbs by adding **less sugar,** but intensified the flavour by using **light muscovado**. ➤

SPICED CARROT & APPLE MUFFINS

A perfect treat for breakfast, lunch or dinner!

see recipe, page 69 >>

Cook's Tip

Store in an airtight container for up to 3 days. Alternatively, wrap up individually and place in a resealable freezer bag. Freeze for up to 3 months.

NUTRITION INFO

PER SERVE 805kJ, **protein** 4g, **total fat** 9g (sat. fat 2g), **carbs** 23g, **fibre** 2g, **sodium** 246mg

- **Carb exchanges** 1½
- **GI estimate** medium

CHERRY & ALMOND BROWNIES

PREP TIME: 20 MINS
COOK TIME: 45 MINS
MAKES: 24 PIECES (1 PER SERVE; AS A SNACK)

2 Tbsp ground flaxseed (flaxmeal)
185ml (¾ cup) water
120g good-quality dark chocolate
½ tsp instant coffee granules
80g light margarine
125g self-raising flour
70g almond meal
50g (½ cup) cocoa powder
¼ tsp baking powder
250g caster sugar
1½ tsp vanilla extract
70g glacé cherries, rinsed and halved

1 **Preheat oven** to 150°C (fan-forced). Spray a 20cm square cake tin with cooking spray and line base with baking paper. Combine flaxseed and 125ml (½ cup) of the water in a small bowl. Set aside for 5 minutes.

2 **Put dark chocolate,** coffee, margarine and remaining water in a small saucepan. Cook, stirring, over low heat, until mixture is well combined. Set aside to cool slightly.

3 **Put flour,** almond meal, cocoa powder and baking powder in a bowl. Stir to combine. Use a balloon whisk to mix caster sugar into melted chocolate mixture until smooth and glossy, ensuring all sugar is well dissolved. Stir in flaxseed mixture and vanilla extract. Add cherries and mix until well combined.

Cook's Tip
Store in an airtight container and keep for up to 3 days.

4 **Spoon mixture** into prepared tin. Bake brownies for 35-45 minutes, or until a skewer inserted into the middle comes out clean with moist crumbs. Set aside to cool completely in the tin. Remove from the tin and cut into squares. Serve.

NUTRITION INFO
PER SERVE 587kJ, **protein** 2g, **total fat** 6g (sat. fat 2g), **carbs** 19g, **fibre** 1g, **sodium** 62mg
- **Carb exchanges** 1
- **GI estimate** medium

The perfect treat for afternoon tea

Apple crumble energy balls

Chocolate chip biscuits

Spiced carrot & apple muffins

APPLE CRUMBLE ENERGY BALLS

PREP TIME: 10 MINS (+ CHILLING)
MAKES 10 (1 PER SERVE; AS A SNACK)

50g (about 3) dried pitted dates
55g (½ cup) almond meal
2 Tbsp almond spread
¼ tsp ground cinnamon, plus extra for dusting
30g dried apple slices
50g (½ cup) rolled oats
½ apple, unpeeled

1 **Place pitted dates,** almond meal, almond spread, cinnamon, dried apple and 30g rolled oats in the bowl of a small food processor. Process until mixture begins to clump together. Grate in apple and add remaining oats. Pulse until combined.
2 **Roll into 10 balls** and dust with a little more cinnamon. Put in fridge for 30 minutes to firm up. Serve.

COOK'S TIP

Keep in an airtight container in the fridge for up to 5 days.

CHOCOLATE CHIP BISCUITS

PREP TIME: 15 MINS
COOK TIME: 15 MINS
MAKES 22 (1 PER SERVE; AS A SNACK)

85g margarine
1 Tbsp cocoa powder
1 tsp instant coffee granules
85g light muscovado sugar or brown sugar
25g white sugar
60g egg, whisked
½ tsp vanilla extract
150g (1 cup) plain flour
½ tsp bicarbonate of soda
85g good-quality dark chocolate, chopped

1 **Preheat oven** to 160°C (fan-forced). Line two baking trays with baking paper. Put margarine, cocoa powder and coffee in a medium saucepan. Cook, stirring, over low heat, until margarine melts. Remove pan from heat and stir in both sugars. Set aside until cool.
2 **Add egg and vanilla extract** into cooled margarine mixture. Whisk until you have a smooth batter. Sift plain flour and bicarbonate of soda over mixture. Add two-thirds of the dark chocolate. Stir together to combine. Do not overmix. Set aside for 10-15 minutes to firm up slightly, so you can shape them.
3 **Using your hands, shape** mixture into 22 small balls. Place on lined trays, spaced well apart so they have room to spread. Press remaining chocolate pieces onto top of biscuits (see Cook's Tip, page 66).
4 **Bake biscuits for 12 minutes.** Set aside on trays for 5 minutes before then transferring to a wire rack to cool. Serve.

SPICED CARROT & APPLE MUFFINS

PREP TIME: 10 MINS
COOK TIME: 25 MINS
MAKES 12 (1 PER SERVE; AS AN OCCASIONAL SNACK)

100ml light olive oil
100g natural yoghurt
50ml honey
2 x 60g eggs
1 tsp vanilla extract
200g (1⅓ cups) self-raising flour
1 tsp bicarbonate of soda
1½ tsp mixed spice
1 apple, grated
1 carrot, grated
50g sultanas, raisins, chopped nuts or seeds (optional)

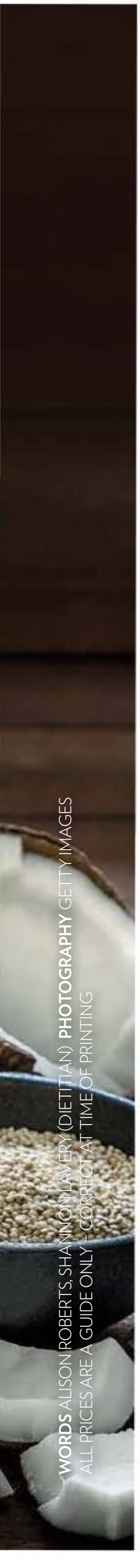
1 **Preheat oven** to 160°C (fan-forced). Line a 12-hole muffin tray with paper cases.
2 **Combine olive oil,** yoghurt, honey, eggs and vanilla extract in a jug. Combine flour, bicarbonate of soda and mixed spice in a bowl. Pour yoghurt mixture into flour mixture and add apple and carrot. Mix until well combined.
3 **Spoon mixture evenly** between muffin cases. Bake for 20-25 minutes, or until a skewer inserted into the middle of a muffin comes out clean. Set aside for 5 minutes. Serve. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Plant-based MILKS

Keen for a cuppa but want to skip the milky splash of dairy? These days, you're spoiled for choice at the shops

Plant-based milks were traditionally used by people who were unable to tolerate dairy milks. Nowadays, though, they are consumed by people for a variety of reasons and their popularity continues to grow, with a 61 per cent increase in sales since 2012. If you choose to drink plant-based milks as a replacement for dairy, be sure to choose varieties that are fortified with calcium, as they either do not contain naturally occurring calcium, or they do not naturally yield enough calcium to make them an appropriate dairy alternative without fortification. ■



Which one?

When deciding on your plant-based milks, choose varieties that contain **at least 115mg calcium per 100ml.** The Australian Dietary Guidelines recommend adults aim for the following number of serves of dairy or dairy alternatives each day:

	19-50YRS	51-70YRS	70YRS+
Men	2½	2½	3½
Woman	2½	4	4

A serve of calcium-fortified plant-based milk = 250mL (1 cup).

AUSTRALIA'S OWN

- **Like Milk**
  Available in Coles and Woolworths, $4.
- **Rice Milk – Original**
  Available at Woolworths and independents, $2.

VITASOY

- **Almond Milk – Unsweetened or Protein+**
- **Almond Milky**
- **Rice Milk – Unsweetened**
- **Oat Milk – Unsweetened**
- **Coconut Milk – Unsweetened**
- **Coconut Milky**
- **Soy Milk – Original, Protein+, Protein Plus Unsweetened, Calci-Plus or Cafe for Baristas**
- **Soy Milky – Regular or Low Sugar**
- **Prebiotic – Oat or Almond**

Available at Woolworths, Coles and independents, from $2.45.

SO GOOD

- **Soy Milk – Regular, Prebiotic or Lite**
- **Cashew Milk – Unsweetened**
- **Almond Coconut Milk – Unsweetened**
- **Almond Milk – Original or Unsweetened**

Available at Woolworths, Coles and select independents (excluding Cashew Milk, only available at Coles), from $1.90.

OATLY

Oat Milk – Original or Barista Edition
Available at select Woolworths and independents, from $4.50.

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

Top tips and tastes

Learn kitchen hints, try new takes on fruit, veg and herbs, and plate up dessert in just a minute, all from food editor *Alison Roberts*

SUPERMARKET CRUSH

Sultana Bran+

If you enjoy regular Sultana Bran, you'll love Sultana Bran+ with Cholesterol Lowering Plant Sterols. Not only does it provide almost one quarter of your daily fibre needs, it also includes 2g of plant sterols in just one serve (50g).

Research has shown plant sterols to be an effective ingredient at lowering cholesterol by up to 9 per cent*. This is because plant sterols block the re-absorption of low-density lipoprotein (LDL), or "bad" cholesterol, from the gut.

Remember, a healthy breakfast is just one component of a healthy diet, so be sure to combine this with a balanced and varied diet, low in saturated fats.

Available from Woolworths and most independents, $6.99.

*Ras, et al. Br J Nutr, 2014. 112(2): 214-9. Note: This product may not be suitable for children under 5 years and pregnant or lactating women.

KITCHEN TIP

Chopping an onion

Perfect this technique and you'll save yourself no end of time and effort.

1 **Put the onion** on a chopping board and slice off the stem end (leave the root end to hold it together). Halve lengthways through the root end, then peel off the skin.

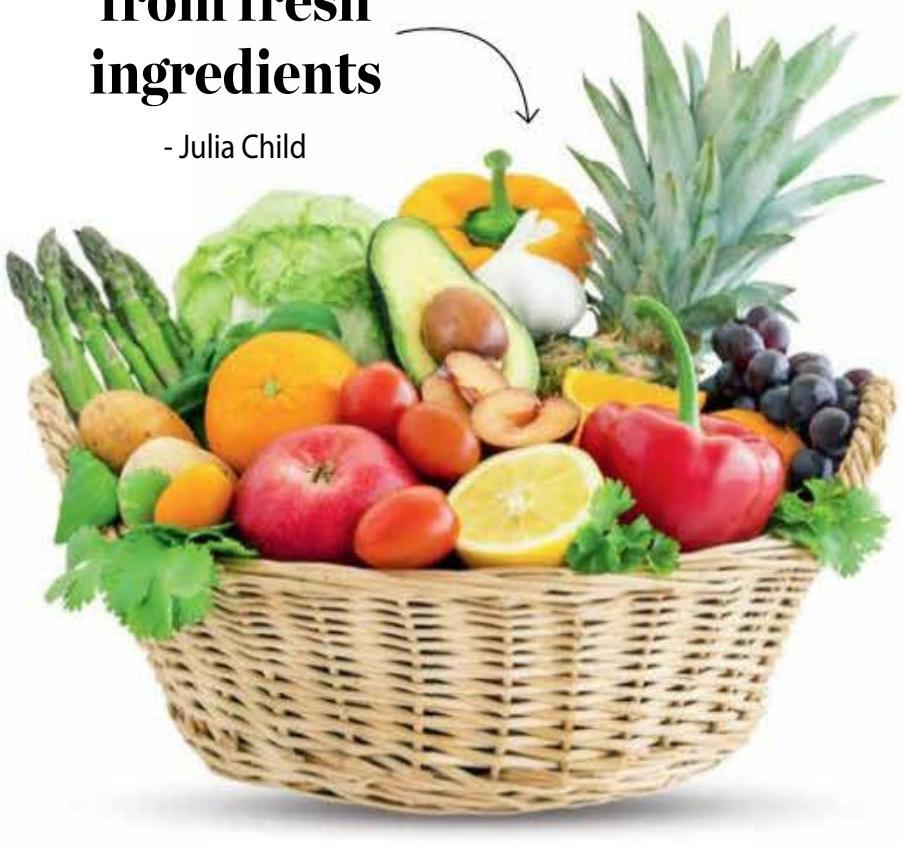
Lay the halves on the board cut-side down. Following the onion's natural lines, make evenly spaced cuts almost up to the root end.

2 **Make a couple of horizontal cuts** through the onion's width, keeping the root intact.

3 **Holding your fingers** like a claw at the root, slice vertically and evenly across the width of the onion for a perfect chop.

You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients

- Julia Child



60 SECOND

DESSERT

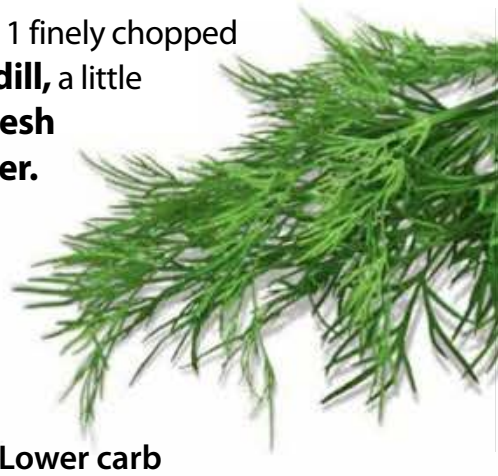
Split ⅓ cup sliced, drained canned **peaches** in natural juice and ½ small sliced **pear** among 2 serving bowls. Sprinkle over a handful of frozen **raspberries**, 2 crushed **mini meringues** and 2 tsp **toasted almonds**. Serves 2.

PER SERVE 450kJ, **protein** 2g, **total fat** 2g (sat. fat 0g), **carbs** 18g, **fibre** 4g, **sodium** 10mg • **Carb exchanges** 1 • **GI estimate** medium

LOWER CARB SNACKS

RICOTTA, DILL AND LEMON DIP

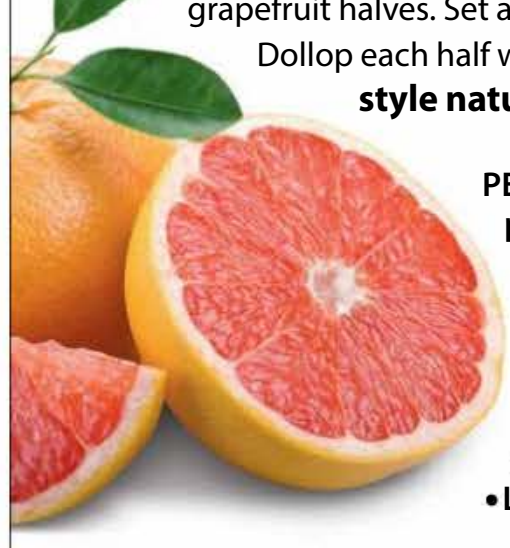
Blanch ½ bunch trimmed **asparagus spears** and 10 **snow peas** until tender crisp. Rinse under cold water. Mix 100g **light smooth ricotta,** 1 finely chopped **gherkin,** 1 Tbsp finely chopped **dill,** a little grated **lemon zest** and 1 Tbsp **fresh lemon juice.** Season with **pepper.** Serve dip with vegies. Serves 2.



PER SERVE 274kJ, GF LC **protein** 5g, **total fat** 2g (sat. fat 1g), **carbs** 6g, **fibre** 2g, **sodium** 211mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

CINNAMON GRAPEFRUIT

Cut a **grapefruit** in half. Use a small sharp knife to cut around the outside of the grapefruit and in between the segments, without cutting all the way through. Combine 1 tsp **raw sugar** and a pinch of **ground cinnamon.** Sprinkle over the top of the grapefruit halves. Set aside for 15 minutes. Dollop each half with 1 Tbsp **Greek-style natural yoghurt.** Serves 2.



PER SERVE 290kJ, GF LC **protein** 2g, **total fat** 1g (sat. fat 0g), **carbs** 11g, **fibre** 2g, **sodium** 18mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

TOMATO, SPINACH, MUSHROOM AND PESTO WRAPS

Spread 1 piece of **Mountain bread** with 1½ tsp bought **pesto** combined with 1 Tbsp **low-fat Greek-style natural yoghurt.** Top with a handful of **baby spinach leaves,** 3 sliced **button mushrooms** and 1 small sliced **tomato.** Roll up and cut in half. Serves 2. ■

PER SERVE 318kJ, LC **protein** 4g, **total fat** 2g (sat. fat 0g), **carbs** 9g, **fibre** 2g, **sodium** 119mg • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb**

WORDS & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES
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Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Full English breakfast (page 41)	Super-green thickie (page 56)	2 slices grain bread topped with ½ small avocado & a squeeze of lemon	Berry and nut butter porridge (page 57)
Optional snack	Small skim latte & 1 small piece fresh fruit	Tomato, spinach, mushroom & pesto wrap (page 73)	175g diet yoghurt	1 piece fresh fruit
Lunch	Roasted carrots, cauliflower, grains & carrot-top dressing (page 53)	Mini mushroom meatloaves (page 32)	Curried spinach & lentil soup (page 36)	Gingered beef & broccoli salad (page 33)
Optional snack	1 banana	1 cup fruit salad	Cinnamon grapefruit (page 73)	Ricotta, dill & lemon dip (page 73)
Dinner	Mexican-style lamb stew (page 55) ***Pictured above***	Prawn & harissa spaghetti (page 21) ***Pictured above***	Pork chops with mustardy butter beans (page 21) ***Pictured above***	Creamy tomato & cheese risotto (page 22) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	60-second dessert (page 73)	1 cup warm skim milk with 1 tsp Milo	1 cup fruit salad	4 canned apricot halves & ½ cup warm low-fat custard
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES, ISTOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels		
Breakfast toastie – 2 slices grain bread filled with 20g cheddar & sliced tomato, toasted	1 cup diet yoghurt topped with 5 canned peaches & 30g crumbled walnuts	Shakshuka (page 41)
Apple crumble energy balls (page 69)	1 cup fruit salad	175g diet yoghurt
Spicy chilli bean soup (page 53), plus 175g diet yoghurt	Barbecued pulled pork sandwiches with crunchy apple slaw (page 31)	Herby broccoli & pea soup (page 35), plus 1 piece fresh fruit
2 fresh dates	2 Vita-weats topped with 20g cheddar & sliced tomato	30g mixed unsalted nuts
Creamy salmon, leek & potato tray bake (page 22) ***Pictured above***	Smokey steak with Cajun potatoes & spicy slaw (page 20) ***Pictured above***	Apricot drumsticks with roasted vegies (page 32) ***Pictured above***
have a couple of alcohol-free days a week		
½ cup diet jelly & 1 piece fresh fruit	100g frozen mango pieces	Barbecued banoffee splits (page 64)
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

CORONA drinking

A survey conducted this year by the Foundation for Alcohol Research and Education (FARE) found 70 per cent of Australians had been drinking more than usual since the COVID-19 outbreak. The survey also identified that people were drinking more often and starting earlier in the day.

The National Health and Medical Research Council (NHMRC) guidelines for safe alcohol consumption recommend healthy adults limit their intake to no more than two standard drinks per day and have at least two alcohol-free days per week.

When enjoyed in moderation, alcohol can be included safely as part of a healthy lifestyle for most people. However, drinking in excess of the NHMRC guidelines can increase your risk of numerous health conditions such as obesity, high blood pressure, pancreatitis, heart disease, liver disease and some cancers. Plus, it can also make your BGLs harder to manage. ■

What is a standard drink?

ALCOHOLIC BEVERAGE	AVERAGE STANDARD DRINK
Full-strength beer	285ml (middy)
Mid-strength beer	375ml (can)
Light beer	425ml (schooner)
Wine/champagne	100ml
Port	60mL
Spirits	30ml (nip)
Pre-mixed spirit	285ml (can)

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

PORK CHOPS WITH MUSTARDY BUTTER BEANS
see recipe, page 21 >>

NUTRITION INFO GFO LC
PER SERVE 2190kJ, **protein** 47g, **total fat** 26g (sat. fat 6g), **carbs** 19g, **fibre** 11g, **sodium** 462mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP

PHOTOGRAPHY IMMEDIATE MEDIA

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

What we achieve inwardly will change outer reality

– Plutarch, philospher

PHOTOGRAPHY GETTY IMAGES

FAST TRACK TO SUCCESS

Dr Michael Mosley talks to _DL_ about how losing weight fast helped manage his type 2 and how it can help you too

Is fast weight loss good – we so often hear that slow and steady is better?

There is a widespread belief that if you lose weight fast, you will eventually put it back on, and even faster.

However, a review article in *The New England Journal of Medicine* entitled 'Myths, Presumptions and Facts about Obesity', put this claim firmly into the 'myths' category.

Rapid weight loss seems to be particularly beneficial in people with pre-diabetes and type 2 diabetes but, if you are on medication, then you should talk to your doctor before embarking on such a diet.

A number of studies, including a recent Australian one, have shown the benefits of rapid weight loss compared with slow and steady.

The Australian study involved 200 obese volunteers who were either randomly allocated to a low-calorie diet (less than 800 calories (3350kj) a day) for 12 weeks or asked to cut their calories by 500 a day for 36 weeks.

There was a very high drop-out rate in the 'slow and steady' group, with less than half making it to the end of the 36-week trial. Most gave up because they were frustrated by the slow rate of progress. By comparison, more than 80 per cent of those in the rapid weight loss group completed the 12-week program.

Researchers followed all participants for three years and, although people from both groups put some weight back on, the amounts were similar. The results showed that achieving a weight-loss target was more likely, and drop-out was lower, if losing weight was done quickly.

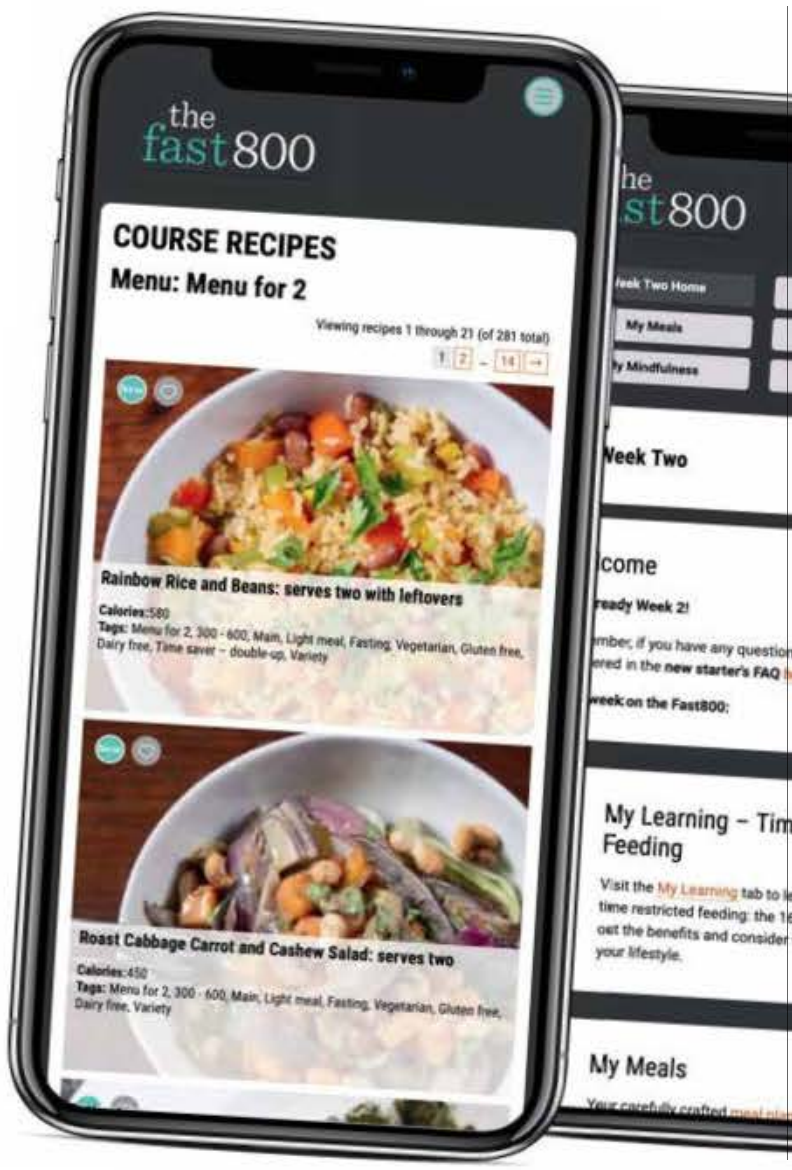
What's a good amount of weight to lose?

Ideally, you want to lose enough weight to reduce your risk of getting diabetes and, if you have it, to get rid of it. Studies have shown that men with a waist size over 100cm are five times more likely to develop diabetes than those with a smaller waist size. Women with a waist over 88cm are three times more likely to develop the condition.

If you can get your waist down to less than half your height, even better. I am 1.8m tall so my ideal waist size is less than 90cm.

What we do know is that an 800-calorie diet is a great way to shrink your waist, fast. Many major weight-loss studies are now based on 800 calories a day, which is high enough to be sustainable and give you the protein and nutrients you need, and low enough to lead to rapid weight loss and other beneficial health changes.

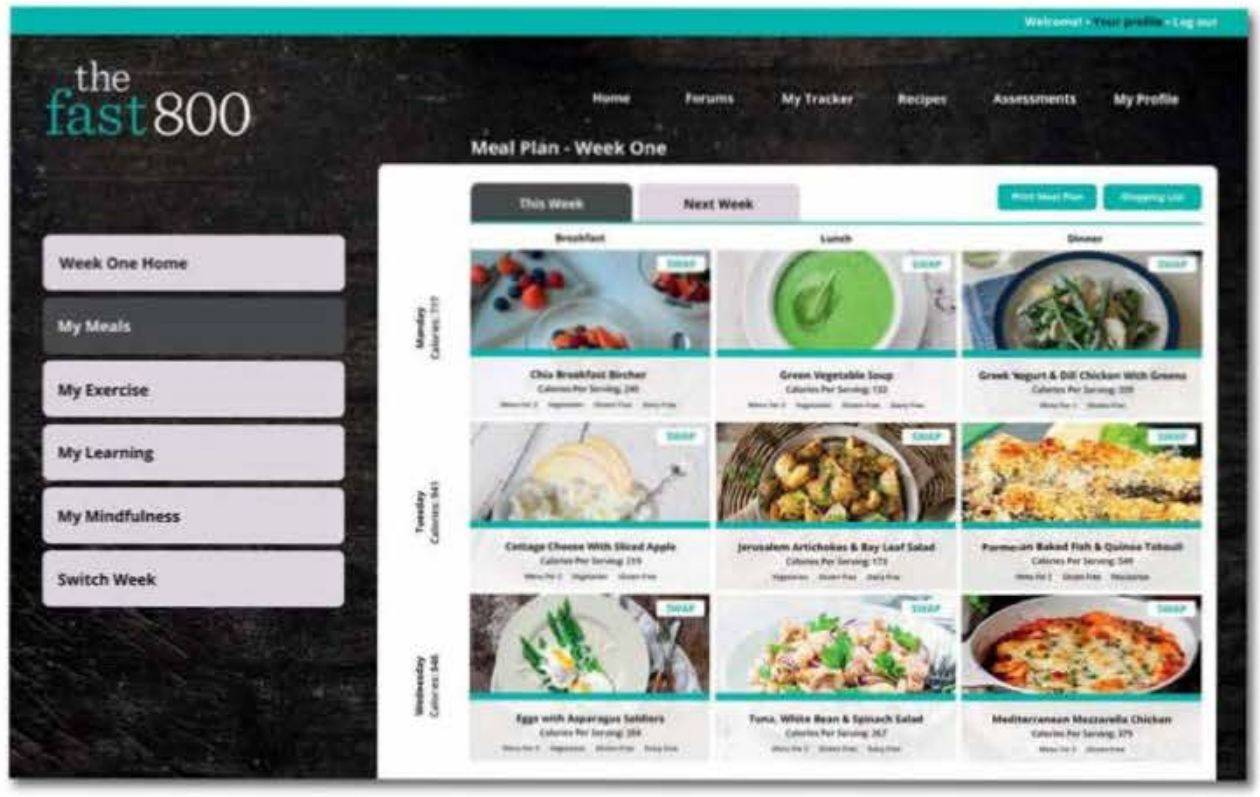
A recent major study, The DiRECT Trial, explored the power of sticking to around 800 calories/day for up to five months to achieve major weight loss and remission from type 2 diabetes. The results were quite staggering. Not only did 46 per cent of participants in the intervention group achieve remission from diabetes (compared with 4 per cent in the control group), they also managed to lose an average of 10kg and keep it off. ➤



Another important finding was that after two years, there were much higher rates of complications such as heart disease, strokes and cancer in the control group (following standard medical advice) than those allocated to the 800-calorie rapid weight-loss regimen.

In another important study carried out by researchers from Oxford University, The DROPLET Trial, obese and overweight participants were assigned to either an 800 calorie/day diet for eight weeks, or their current usual care support (control). Those who followed the 800-calorie protocol had lost an average of 10.7kg after 12 months – three times more weight than the control group.

In 2012 I was told by my doctor that I had type 2 diabetes like my father, who died from complications of the disease at the age of 74. Rather than start on medication, I developed the original Fast Diet, which has now evolved into The Fast 800. I lost 9kg and restored my blood [glucose] levels to normal, where they have stayed. When I tested my fasting blood [glucose] levels this morning, they were 4.8mmol/L, a very healthy number.



Healthy fats keep you feeling full for longer

How do I go from eating a lot to only 800cal a day?

Moving to 800 calories doesn't sound like it could get you through the day. In fact, many people on The Fast 800 online program do express a fear of not being able to cope. This is why your choice of foods – low-ish carb, Mediterranean-style – is the key to success.

Research shows that a low-carbohydrate Mediterranean-style diet not only suppresses appetite, but has the power to preserve muscle as you burn off fat, so you will find it easier to keep the weight off afterwards. It will also cut your risk of long-term chronic diseases such as type 2 diabetes, dementia and heart disease.

This approach is low in sugar and starchy carbs, but packed full of disease-fighting vitamins and minerals. It is rich in olive oil, fish, nuts, fruit and vegetables, and it also contains lots of delicious foods that, over the years, we have been told not to eat, such as full-fat yoghurt and eggs. Avoiding sugary and starchy carbs helps control your blood [glucose] levels and eating adequate amounts of protein and

healthy fats will keep you feeling fuller for longer. Healthy eating is definitely not about starvation.

There's no doubting that sticking with 800 calories can be difficult to start with. But people who stick with the plan are often amazed at not only how quickly they lose weight, but also how quickly hunger and cravings pass. That's because on this diet your body quickly switches to burning fat, which in turn will help to suppress your appetite.

Drink plenty of water as you make the transition and ensure that you have the right support for those more testing times… Another reason why the motivation of rapid weight loss can be so powerful.

Why does losing weight improve type 2 diabetes?

Professor Roy Taylor, who is one of the world's leading diabetes researchers and who helped inspire The Fast 800 diet, told me it was all about having too much gut fat. When you exceed what he calls "your personal fat threshold" then fat leaks out from cells where it can be safely stored into the liver and pancreas. Once these fill with fat, then they become much less efficient at making insulin, the hormone that helps control your blood [glucose] levels. He told me that his research showed that a rapid weight-loss diet can reverse pre-diabetes and type 2 diabetes because it rapidly drains the fat from the pancreas and liver. He has been able to show that average fat levels in the liver fall from 30 per cent to less than 5 per cent in just a few weeks after starting on an 800-calorie diet and, that once you drain fat from the pancreas, the cells spring back to life and start producing insulin again.

The diet works best in those who have pre-diabetes or have had diabetes for less than 10 years, but he has seen cases where people have reversed their disease after having it for far longer.

He assures me that most people will remain diabetes-free as long as they keep the weight off, a claim which is supported by a number of studies, including one published in *The Lancet Diabetes & Endocrinology* (March 2019), which found that the remission is maintained provided the weight loss is sufficiently large and kept off. ■

The Fast 800 online program (thefast800.com) has been developed in conjunction with Dr Michael Mosley. It offers 24/7 professional advice and support, tailored recipes, menus, shopping lists, a library of mindfulness and HIIT exercise programmes.

3 easy ways to kickstart weight loss

STEP 1: LOW SUGAR AND SIMPLE CARBS

Limit intake of any food or drink with more than 5 per cent sugar to no more than twice a week. This includes sweet fruits such as mango and pineapple, and sugary smoothies and juices. Likewise, replace processed carbs such as white bread, chips and pasta with slow-release energy sources such as brown rice or quinoa.

STEP 2: INTERMITTENT FASTING

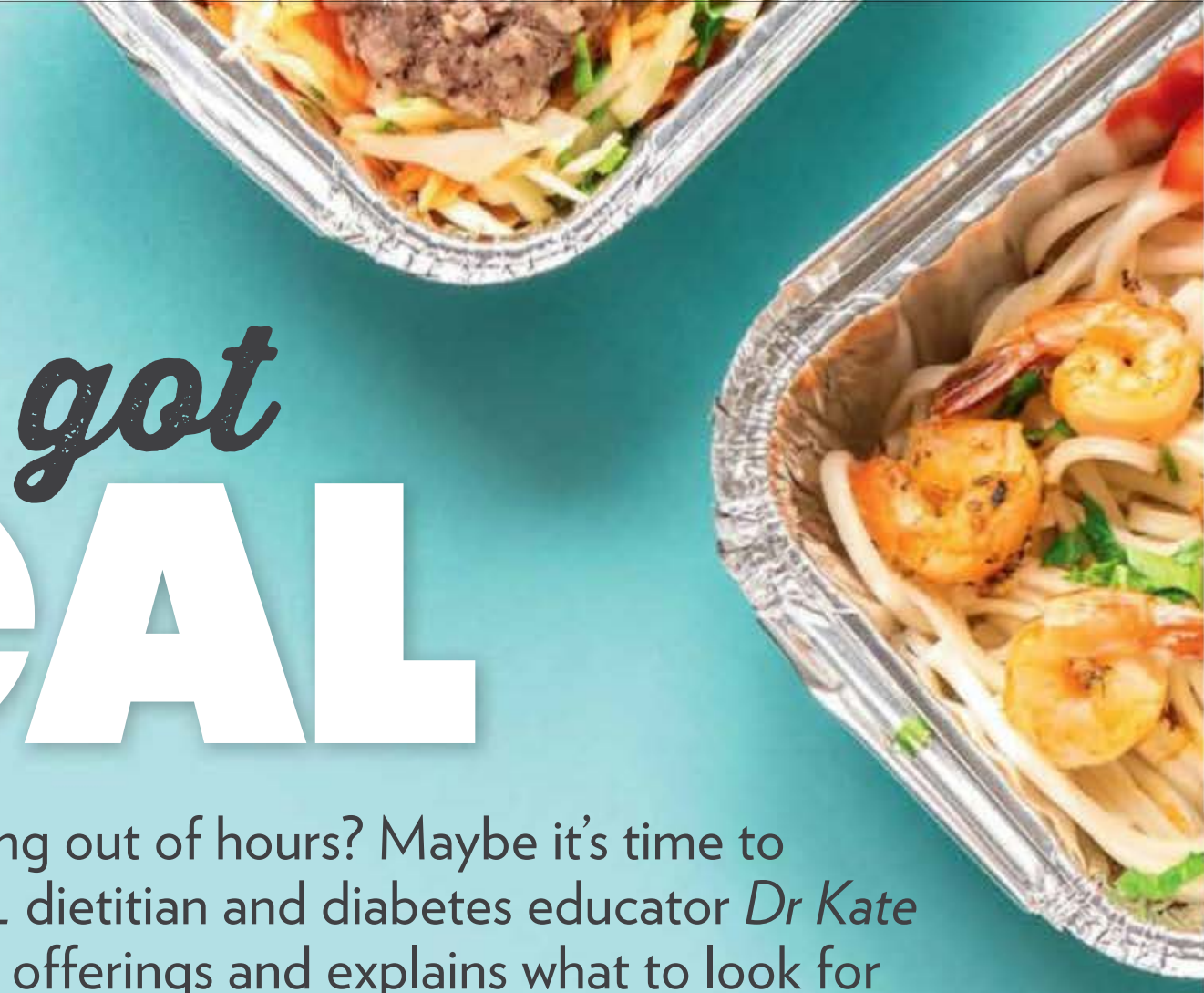
The idea that fasting 'slows your metabolism' is a myth. Your body responds to fasting by releasing hormones such as adrenaline, which actually speed up your metabolism. In the long term your metabolism will slow down, simply because you are carrying less weight around, but if you stick to a low-ish carb diet and do simple resistance exercises, then this will preserve muscle, which is the best way to boost your metabolic rate.

STEP 3: HIIT

Research has shown the extraordinary impact ultra-short bursts of high intensity interval training (HIIT) can have. Not only is it effective, but study after study has shown it is much easier to stick to.

ADDITIONAL PHOTOGRAPHY GETTY IMAGES

You've got MEAL



Not a keen cook? Running out of hours? Maybe it's time to look at meal delivery. *DL* dietitian and diabetes educator *Dr Kate Marsh* compares current offerings and explains what to look for

Whether you're looking for help with weight loss and improving your eating habits, or just want a break from cooking, there's an increasing number of options available to have healthy meals delivered to your door. But are they suitable if you have diabetes and which plan should you choose?

WHAT'S ON OFFER

With plenty of meal services to choose from, it would be hard not to find one that suits your needs. Options range from full 7-day meal plans containing three meals and snacks, to individual meals and everything in between. Some cater to different dietary needs, including vegetarian, vegan and gluten-free, while others have more limited choices. The good news is that none of the services we looked at have long-term contracts so (depending on where you live) you have the option of trying out a few to work out which one of them you like the best.

WHAT TO LOOK FOR

With a wide range of offerings to choose from, here are a few things to consider when deciding which meal service might best suit your needs:

- **Choose the right energy level/portion size.** This will depend on your age, sex, activity levels and whether you are trying to lose, maintain or gain weight. Your dietitian can help you to work out which energy level is right for you.
- **Look for the right plate balance.** A good balance of your plate to meet nutritional needs and assist with weight and blood glucose management is half non-starchy vegetables and salads, one quarter lean protein (such as lean meat, chicken, fish, eggs, tofu or legumes) and the remaining quarter from lower Glycemic Index (GI) carbs such as wholegrains, legumes and starchy vegetables. Many of the meal-delivery services provide meals that offer this balance.
- **Consider the carb content.** If you use insulin and adjust your doses, packaged meals are an easy way to work out the carbs in your meals, and you have the flexibility to choose meals with different carb contents. But, if you take set doses of insulin or manage your diabetes with diet or other medications, having a regular intake of carbs across the day and from day to day is important for keeping blood glucose levels in range. With some of the meal services, ➤

Considerations if you take diabetes medications

If you are taking insulin or medications to manage your diabetes, a change in your eating and losing weight may mean your medications need to be adjusted. If you are starting a meal plan where the portion sizes or carb content are significantly different to your usual meals, speak to your doctor first.

the carb content of main meals varies widely, from less than 10g per meal to more than 50g, and this could make managing BGLs more difficult. In this case, it may be better to choose from the individual meal range and pick meals with a similar carb content – again, a dietitian can help you to work out the right amount for your individual needs.

- **Look for lower-GI carb options.** Even with a similar amount of carbs, different meals may have varying impacts on BGLs, depending on the GI of the carbs they contain. While you don't always have a choice, try to go for these carb options if they are on offer: legumes (such as lentils, chickpeas and kidney beans), basmati rice, barley, freekeh, cracked wheat, regular pasta (not gluten-free), noodles, corn and orange sweet potato.
- **Go low with saturated fat.** A diet high in saturated fat can worsen insulin resistance and make it harder to manage your diabetes. While a range of fat intakes can be suitable when you have diabetes, you want to make sure only a small amount of the fat in your meals comes from saturated fat. This means choosing meals where the fat comes from foods such as avocado, nuts, seeds and olive oil and limiting those made with butter, cream, fatty cuts of meat and coconut milk/cream.

DIY OPTIONS

Need some help with meal planning and shopping but still prefer to cook yourself? A good alternative to packaged delivered meals is a recipe and meal box service. They deliver fresh ingredients and recipes to your door, and you cook the meal. It can be a great way to try new recipes, increase the variety in your meals and avoid resorting to takeaway because you haven't planned or shopped for dinner. Options include Hello Fresh (hellofresh.com.au), Marley Spoon (marleyspoon.com.au), Pepperleaf (pepperleaf.com.au)and Dinnerly (dinnerly.com.au). Most allow you to choose from a range of meals each week, so use our guidelines (See What to look for, page 82) to choose the options most suited to your needs.

MEAL DELIVERY SERVICES IN SUMMARY

Dietlicious
dietlicious.com.au

- **Package options:** 5- or 7-day meal plans for different energy levels (800, 1200, 1500 and 1800 calories). Individual meals and Build Your Own plans also available.

Dietary options: Regular, gluten-free and vegetarian options available for each energy level plan.

- **Costs:** $165-$284 for 5-day plans and $195-$340 for 7-day plans, depending on the energy level. Individual meals – $10-$14 for lunch and dinner, $5.50-$7.50 for breakfast.
- **Delivery areas:** Sydney, Melbourne, Brisbane, Adelaide, Canberra and surrounds. Pick-up also available from Sydney, Brisbane and Melbourne kitchens.
- **On the menu:** Chicken Minestrone Soup, Beef Stir-fry with Vegetables, Ocean Trout with Olive Crust and Vegetable Ratatouille, and Indian Vegetable Curry with Chickpeas.

Eat Fit Food
eatfitfood.com.au/meal-programs/2

- **Package options:** 5- or 7-day meal plans for three meals and a snack, lunch and dinner only, or dinner only. Individual meals also available.
- **Dietary options:** Balanced Plate, anti-inflammatory (pescatarian), Green Goodness (vegetarian including eggs and dairy), Powered by Plants (100 per cent plant-based/vegan) and Cleanse (no meat, dairy or gluten).
- **Costs:** From $19 per day for dinner-only plan to $57 per day for three meals and a snack. Individual meals – $21.50 for lunch and dinner, and $13.50 for breakfast.
- **Delivery areas:** Sydney and Melbourne.
- **On the menu (Balanced Plate):** Lemon Chicken Soup with Zucchini and Sweet Potato Noodles, Spiced Lamb Kebabs with Cayenne-Tahini Dressing and Sweet Potato Salad, Steak with Avocado-Garlic Aioli, Green Peas and Sweet Potato Mash, and Basil and Coconut Prawns.

YouFoodz
youfoodz.com

- **Package options:** No meal packages. Individual, ready-made meals in two sizes for main meals (regular and large) plus soups, breakfasts, snacks and drinks (juices and protein drinks).
- **Dietary options:** Weight loss, vegetarian, no added gluten, no added dairy, no added eggs, no added nuts.
- **Costs:** $10 per meal for regular size, $11 for large size, $5 for soups, $5-$10 for breakfasts, and around $3-$4 for snacks.
- **Delivery areas:** Australia-wide. Meals also available from major supermarkets including Coles, Woolworths and Aldi.
- **On the menu:** Thai Red Chicken Curry, Slow Cooked Lamb Shanks, Thai Fish Curry with Coconut Rice, and Chickpea and Cashew Nut Curry.

Lite & Easy
liteneasy.com.au

- **Package options:** 3-, 4-, 5- or 7-day full meal plans with different energy needs (1200, 1500 and 1800), and dinner-only options. Optional extras include soups, lite meals and desserts.
- **Dietary options:** General healthy eating, no special dietary options.
- **Costs:** $120-$146 for 5-day meal plan to $155-$192 for 7-day plan.
- **Delivery areas:** Australia-wide.
- **On the menu:** Coconut Beef Curry, Honey Soy Chicken, Flame Grilled Meatballs with Mash, and Creamy Chicken and Pesto Penne.

Chef Good
chefgood.com.au

- **Package options:** 5- or 7-days plans including 350- or 450-calorie meals – choose from Slim & Trim, Train & Tone or Mix & Match.
- **Special diets:** vegetarian and vegan.
- **Costs:** $129-$179 for 5-day plans and $169-$209 for 7-day plans.
- **Delivery areas:** Australia-wide.
- **On the menu:** Moroccan Spiced Meatballs in Tomato Basil Sauce, Spaghetti Bolognese, Greek Spring Lamb with White Beans, and Feta & Garlic Potatoes.

Diabetes Meals Online
diabetesmealsonline.com.au

- **Package options:** 5- or 7-day lunch and dinner or breakfast, lunch and dinner plans. Mixed dinner box, soups, snacks and breakfast meals also available. Limited range of meal choices – breakfast (muesli) and snack (biscuits) are the same each day, and lunch is a soup for 6 days with a meal replacement shake for the seventh day.

Meal plan options: Gluten-free options.

- **Costs:** $80-$100 for lunch and dinner plans, $86-$130 for three meals per day.
- **Delivery areas:** Australia-wide.
- **On the menu:** Slow Cooked Bean and Veggie Tagine, Classic Chilli Con Carne, and Moroccan Chicken with Five Veg. ■

WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

AN AGE-OLD QUESTION

Is it ever TOO LATE to improve your health?

Worried you've missed the boat in terms of adopting healthy habits that give everything from your brain to your bones a boost? The good news is, you haven't!

A lifetime of healthy habits can certainly add up to healthy ageing. Proof is a 2018 study which found people who'd done regular exercise their whole lives hit old age in much healthier shape than those who hadn't been active. That's good news – unless you're in your 50s and can't remember the last time you pulled on a pair of trainers. Don't panic, though. No matter what age and stage you're at in life, it's not too late to improve your health and wellbeing. Not convinced? Let's bust 10 health myths to prove it.

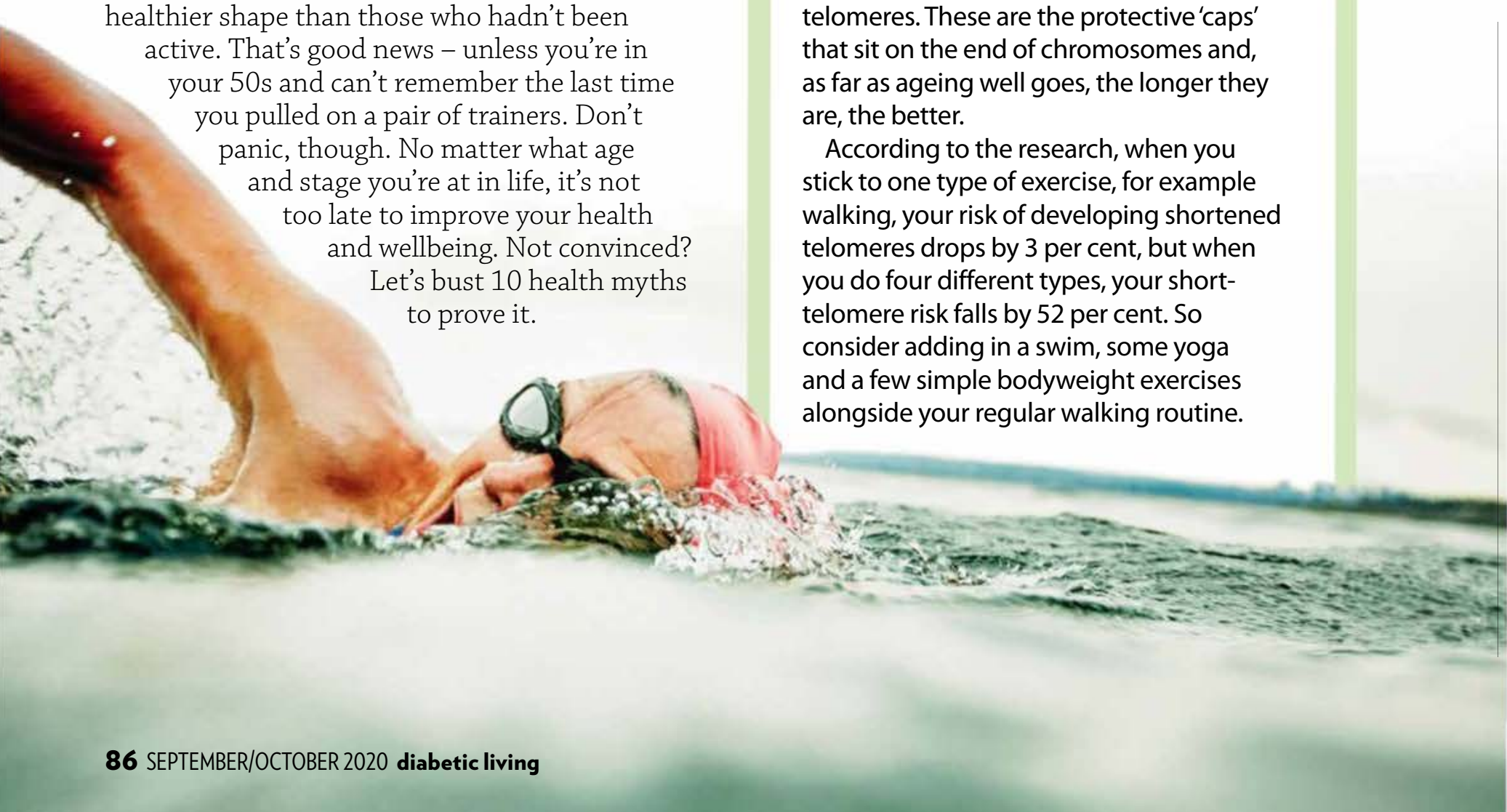
MYTH #1

"I've never done much exercise. It's too late to start now."

IN FACT: Research shows that even when you take it up in later life, physical activity equals being seven times more likely to experience healthy ageing compared with staying sedentary.

TO MAKE IT WORK: Do a few different types of physical activity, after a US study discovered exercise variety is good for your telomeres. These are the protective 'caps' that sit on the end of chromosomes and, as far as ageing well goes, the longer they are, the better.

According to the research, when you stick to one type of exercise, for example walking, your risk of developing shortened telomeres drops by 3 per cent, but when you do four different types, your short-telomere risk falls by 52 per cent. So consider adding in a swim, some yoga and a few simple bodyweight exercises alongside your regular walking routine.



18+

WHAT IS AVAXHOME?

AVAXHOME-

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Cheap constant access to piping hot media
Protect your downloadings from Big brother
Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages
Brand new content
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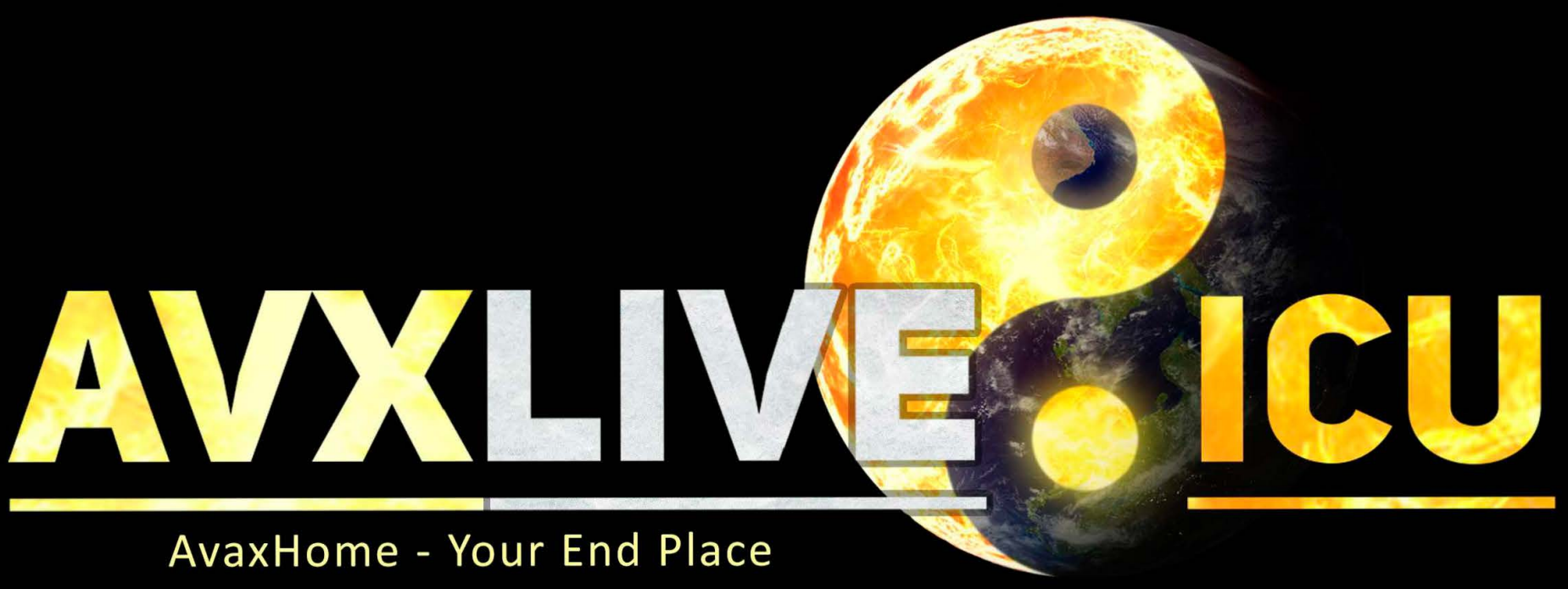

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MYTH #2

"Mediterranean-style diets are good for you but only once you've eaten that way for a long time."

IN FACT: A study released earlier this year found it only takes a year of eating like they do in the Mediterranean to boost types of gut bacteria linked to healthy ageing, while reducing levels of bacteria associated with disease-causing inflammation at the same time.

TO MAKE IT WORK: Stick to a predominantly plant-based diet, rich in wholegrains, legumes, nuts, and fruit and vegetables. If you do eat meat, include fish and chicken twice a week, but limit red meat to just a few times a month. Also replace butter with olive oil and salt with herbs and spices.

MYTH #3

"It's too late to improve your memory in your 60s and 70s."

IN FACT: It's not too late, even if you've already noted the odd memory glitch. On top of research linking regular physical activity with better memory among older adults, a 2016 study found when people aged over 68 living with mild cognitive impairment ate a cup of antioxidant-rich blueberries every day, after four months their memory and word recall had significantly improved.

TO MAKE IT WORK: Use frozen blueberries rather than fresh ones. As well as being less costly, research shows freezing them improves the availability of their antioxidants.

MYTH #4

"Bone health peaks in your 20s. There's not much I can do now."

IN FACT: While bones do reach peak density in our 20s, and bone loss does tend to occur naturally from middle age, as well as consuming enough calcium, there are simple things you can do for bone health. Research shows doing jumps daily improves hip bone density in as little as four months in 50 year olds. Eating prunes daily might help, too, by suppressing 'bone resorption', where the breakdown of bone exceeds the rate of new bone growth as we age.

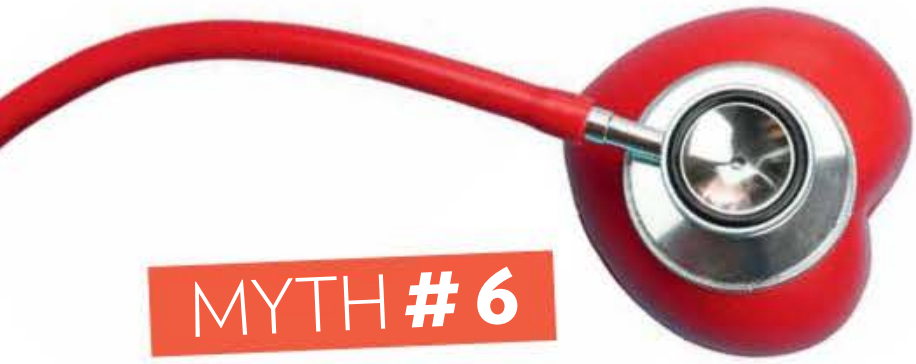
TO MAKE IT WORK: From a standing start, do 10 straight-up-and-down jumps in the morning and another 10 at night, waiting 30 seconds between jumps. And eat five prunes a day. Prunes have a relatively low glycemic index, but be sure to keep an eye on how they affect your BGLs. ➤

MYTH #5

"Having friends only delivers a health kick if you've known them for ages."

IN FACT: It's not the length of time you've been friends that matters, just that you have one or two in your life who are genuinely supportive. In fact, research shows that as we grow older, having contact with friends has a stronger impact on health and happiness than being close to family.

TO MAKE IT WORK: Make the effort with your face-to-face friendships – or make the effort to make some of those, if you need to. Research also shows it's those friends, not ones we know or keep in touch with purely on social media, who deliver the biggest health benefits.



MYTH #6

"A heart-healthy diet takes years to have an impact."

IN FACT: Your heart will reap the rewards of a low-salt diet in just two weeks. An Australian study discovered that's how little time it takes for consuming less salt to improve both your blood pressure and the ability of your heart's blood vessels to 'relax', which is important for heart health.

TO MAKE IT WORK: Limit your salt intake to less than 4g, or 1600mg of sodium each day. With most people's diets, 75 per cent of their salt comes from processed, packaged foods, so look for products that contain less than 120mg of sodium per 100g.

MYTH #7

"There's not much point setting health goals in later life."

IN FACT: Goals matter at every age. Research has found they give your life purpose, and that can add years to your life, regardless of how old you are when you set your first, or subsequent, goals.

TO MAKE IT WORK: Set SMART goals as behavioural scientists say you're more likely to achieve them. It works like this: instead of a general goal of 'do more exercise', a SMART goal might be 'I want to exercise more during spring, so my goal is to go for a walk every day at lunchtime.' It's Specific, you can Measure whether you're reaching it, it's Achievable and Realistic and, by including spring, it's Time related.

MYTH # 8

"My health will suffer if I can't take it easy as I get older."

IN FACT: The opposite might be true, at least as far as your mental agility is concerned. A large-scale, ongoing brain study has shown the busier you are once you turn 50, the better your brain's processing speed and working memory will be as you grow older.

TO MAKE IT WORK: Resist the urge to multitask. In reality, only a (very!) small percentage of us can multitask effectively – one study showed as few as 2.5 per cent of people make it work. Plus, when you're not multitasking, you can do everything on your to-do list mindfully, so you're focused on nothing but the task at hand. And, when practised regularly, mindfulness delivers an impressive range of health benefits, all on its own.

MYTH # 9

"I've been overweight for years and years. Losing weight now won't do much."

IN FACT: Losing weight pays off at every age, and it doesn't have to be big to make a difference. A 2016 study proved losing just 5 per cent of body weight can deliver significant health benefits, while losing 10 per cent could be good news for diabetes. New research published late last year showed people living with type 2 who do it within the first five years of diagnosis have the biggest chance of sending diabetes into remission.

TO MAKE IT WORK: Start keeping a food diary, with recent research showing it's a habit that's the best predictor of weight-loss success. For best results, write down what you eat after every snack and meal, rather than trying to do it all in one hit at the end of the day.

MYTH # 10

"Once age-related joint pain sets in, it's too late to do anything about it."

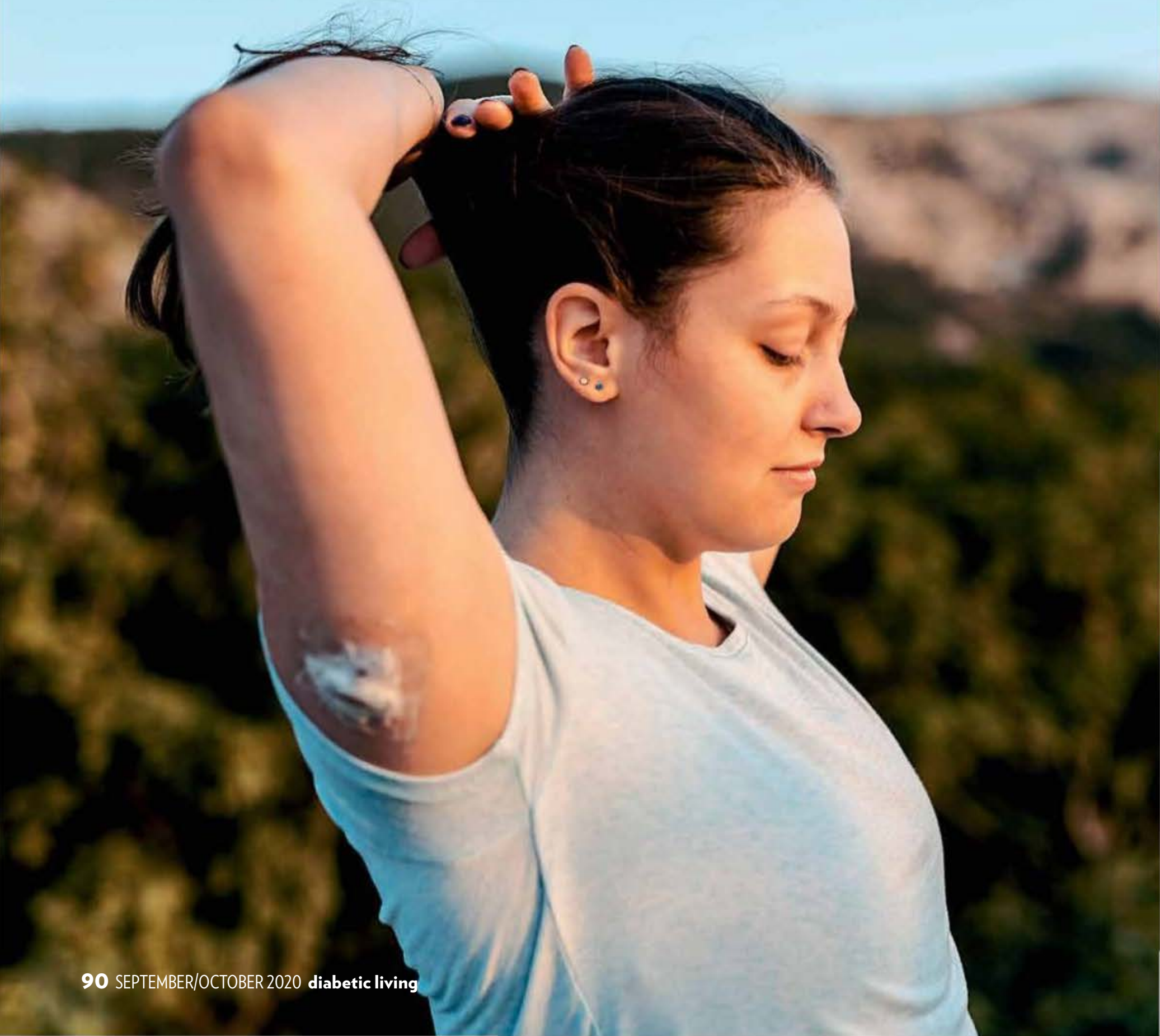
IN FACT: That's not necessarily true. Eating foods that are rich in antioxidant compounds called isoflavones may help. When people with osteoarthritis taking part in a US study did that daily, joint pain and mobility improved significantly after 12 weeks. It may be because isoflavones boost the body's production of a growth factor associated with cartilage regeneration, which is crucial for fighting joint pain.

TO MAKE IT WORK: Aim for 40mg of isoflavones a day. Half a cup of miso soup contains 50mg of isoflavones, 85g of tofu contains 19mg and half a cup of edamame has 16mg. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

COPING WITH CGM CHALLENGES

If you've started using a CGM, you may have encountered a few challenges. *DL* diabetes educator *Dr Kate Marsh* discusses the highs and lows of CGM technology



Following recent changes to the Australian Government's subsidised continuous and flash glucose monitoring via the National Diabetes Service Scheme (NDSS), more Australians with diabetes are now using continuous glucose monitoring (CGM) devices. While there are many benefits to this technology – such as having access to 24/7 readings and trend arrows, the reduced need for fingerprick glucose checks, and alerts to inform the wearer of out-of-target readings – the devices are not without their problems.

ACCURACY

It can be frustrating when your CGM device and blood glucose meter show quite different readings. There are a few reasons this might happen, but the main one is what's called lag time. CGM devices measure glucose levels in the interstitial fluid (the fluid between your cells) rather than the blood. Glucose travels to the blood first and then to the interstitial fluid, which means CGM and blood glucose levels normally won't be exactly the same. When glucose levels are stable, the readings should be close, however, there will be a greater difference when your levels are rising or falling quickly. When rising quickly, your blood glucose reading will likely be higher than the CGM. When dropping quickly, your blood glucose reading will likely be lower than the CGM.

For devices that need calibrating, the accuracy also depends on calibrating correctly. This means following the directions from your device manufacturer as to when and how often to calibrate (each device is different), using the same blood glucose meter for all calibrations, washing your hands before a calibration fingerprick reading and only calibrating when blood glucose levels are between 2.2 and 22.2mmol/L – the devices can't be calibrated above or below this range.

Finally, some medications may affect your readings, so it's important to know if there are any interactions with the device you use. For example, medications containing acetaminophen (paracetamol) can affect the accuracy of some CGM devices (giving falsely high readings for up to eight hours after taking the medication), while others may be affected by high doses of vitamin C. Speak to your health professionals about which medications can affect your device and to find suitable alternatives.

If you've considered all the factors above, but are still having problems with sensor accuracy, consult your diabetes educator. You can also ring the device manufacturer's 24/7 helpline. They can troubleshoot any problems with you and may replace the sensor if they determine it's faulty.

INFORMATION OVERLOAD

One of the major benefits of CGM is the amount of additional information it provides, from 24/7 readings to trend arrows and statistics. But it can also be overwhelming to see what your glucose levels are doing all the time. The key is learning how to use and interpret the information provided by your device so you can use it to improve your diabetes management, rather than letting it become something else to worry about. This is where your diabetes educator or diabetes ➤

Real-time versus flash glucose monitors

A **continuous glucose monitoring (CGM)** device is a small wearable device that measures glucose levels throughout the day and night. Real-time CGM devices have a sensor, transmitter and reader (which can also be a smartphone or insulin pump) and the transmitter constantly sends information from the sensor to the reader to display glucose readings and provide alerts if readings move outside your individually set target range. Examples include Dexcom and Medtronic CGM devices. A flash glucose monitor is similar but doesn't have a transmitter, so you need to scan the sensor with a reader or smartphone to get your reading and it won't alert you if your blood glucose level is high or low. The only flash glucose device currently available in Australia is the FreeStyle Libre.

specialist can help. Getting the right training upfront, along with ongoing help, can ensure CGM is something that supports your diabetes management, rather than just stressing you out.

BEING ATTACHED

Wearing the sensor and transmitter 24/7 can take a little getting used to and some people can find it uncomfortable. Finding a suitable site can be more difficult in young children and adults who are slim, as they don't have much body fat.

If you also use an insulin pump, it means having two different devices attached to your body, and rotating where you place them both can be more challenging. For sensors placed on your tummy, an important consideration is the clothing you usually wear and avoiding placing the sensor at your waistband or belt line, where it might rub or be at risk of getting knocked off. Instead, if you wear high-waisted pants or skirts you might want to consider placing the sensor on the lower part of your tummy and, if you wear low-waisted clothing, consider placing it above your waistband. If you are struggling to find a site that works, speak with your diabetes educator, who can discuss the options and help you work out the best place to insert your sensors, depending on which device you are using.

STAYING ATTACHED

While some people find their sensors stay in place easily, others find it hard to keep the sensor and transmitter attached. This can be more of a challenge if you are active, particularly if you sweat a lot during exercise, spend a lot of time in water or play contact sports, or for young children when they're playing. It's also possible to knock the device off when drying yourself after a shower, getting dressed or sleeping. Unfortunately, sensors can't be reused if they come off, so if you are having problems with staying attached, it's worth looking at using extra tape to secure the device. There are many options available and your health professional can provide advice on which tape might be best for you, but some options to check out include RockaDex (rockadex.com.au) and Not Just a Patch (notjustapatch.com).

ALERT FATIGUE OR DISTRESS

The alarms and alerts on real-time CGM devices are one of the major reasons many people choose to start CGM. If you have impaired awareness of hypoglycaemia (meaning you don't detect the early warning signs) or are a parent of a young child with type 1 diabetes, they can be a life saver and provide significant peace of mind. They are also particularly useful for alerting you to overnight hypos, which can be harder to detect. But, when you first get started, or if the device is going off frequently, you may find the alarms annoying, disruptive or even stressful.

Understand that these alerts are designed to help you, but if they're causing distress they can be changed or turned off so you're only alerted when it's

important to you. The key is setting the right targets for you or your child – something that's important to discuss with your diabetes educator or doctor when you set up the device. The low alerts are most important, but you might want to set your high alert a bit higher initially, or even turn it off completely, until you get used to the device. Also consider setting alerts so they only sound at times where you would take action to correct high or low glucose levels. For example, you might want to keep your readings between 4 and 10mmol/L, but if you wouldn't correct a high reading until it reaches 13mmol/L, then consider setting your high alert at this reading. These settings can be changed at any time, particularly as you become more familiar with CGM.

CGM DOESN'T MEAN THE END OF FINGERPRICK CHECKS

Using CGM can certainly reduce the number of fingerprick checks needed to manage your diabetes and this is the major reason many people make the switch. However, using CGM doesn't mean doing away with your regular blood glucose meter for good. Some CGM devices still need calibrating at least twice a day, by entering a fingerprick glucose reading. And not all devices are currently approved for self-adjustment of insulin doses, which means that a fingerprick reading is still recommended before making decisions about adjusting insulin doses. Finally, for all devices, fingerprick checks are still recommended for when glucose levels are changing rapidly, to confirm hypoglycaemia, before giving a correction dose for high glucose levels, and when symptoms don't match your CGM reading.

Want to know more?

You can find out more about CGM, the available devices and eligibility for subsidised CGM by visiting the NDSS website: ndss.com.au/living-with-diabetes/managing-diabetes/continuous-glucose-monitoring

STAYING CONNECTED AND CAPTURING ALL DATA

With real-time CGM devices (such as Dexcom and Medtronic) your phone, pump or receiver needs to be within six metres of your sensor/transmitter. With some devices, the transmitter will hold data for a certain period of time (three to 10 hours) but after this there will be a gap in your data until you come back in range. With other devices there will be a gap for the entire time the receiver and sensor/transmitter are out of range. For flash glucose monitors (FreeStyle Libre) the sensor stores eight hours of data, so you need to 'scan' your sensor with your phone or reader at least every eight hours to avoid a gap in data. This means remembering to scan just before you go to sleep and first thing on waking, to see your overnight data, and at least every eight hours during the day.

Remember that just because you've started on CGM, it doesn't mean you are stuck with it. While you will get the most benefit from CGM if you wear it full-time, that doesn't mean you (or your child) can't take a break.

If you are feeling overwhelmed by all the data, getting frustrated at the alarms or finding your device uncomfortable to wear, speak to your health professionals about whether having a CGM 'holiday' would help, or whether they can suggest alternative solutions for dealing with these issues. ■

BEST FRIEND OR SPY?

A 2017 review of nine studies looking at the impact of CGM on life with type 1 found CGM use affects physical, emotional and relational aspects of life. While the studies found some users of CGM felt more empowered, they also revealed many physical and emotional burdens associated with CGM use, including the pain and discomfort of wearing CGM, the impact on sleep, dealing with alarms and the constant nature of CGM feedback. An important message for parents of children and young people is to help their child to view the device as a trusted friend, rather than making them feel like the CGM is spying on them by constantly quizzing them about out-of-range readings.

WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

Shay Erlich (left), type 1, practises with dance partner Jenna Roy in a Toronto studio.

Moving WITH JOY

We're often told staying active is necessary for good health. But working out doesn't have to be a chore. In fact, finding an activity you love can make it something you look forward to. Here's how three people with diabetes found a form of exercise that became part of their identity – and how you can find what clicks for you

In November 2019, Paul Waterstraat, 69, crossed the finish line of his third half-marathon. A few years ago, he never would have dreamed of this goal. Back then, his last run had been a timed mile in high school PE class. He had been living with type 2 diabetes since the 1990s, and was managing excess weight, high cholesterol and high blood pressure.

But when Waterstraat retired in 2016 and found himself with extra free time, he began walking to many places in his neighbourhood that he used to drive to – the coffee shop, restaurants to meet friends for lunch and the supermarket. After nine months, he noticed his blood glucose, blood pressure and cholesterol numbers had begun to improve. He felt more alive and had a renewed interest in doing things such as going out with friends and taking his pet dog, Molly, for longer walks. His mind felt sharper, too.

Heartened by his progress, he downloaded a Couch-to-5K app that alternated one minute of jogging and two minutes of walking, then gradually ramped up. He began following a plan that built up to 30 minutes of non-stop running over eight weeks. After that, he joined a running group and gradually increased his distance until he was running 10km races and half-marathons.

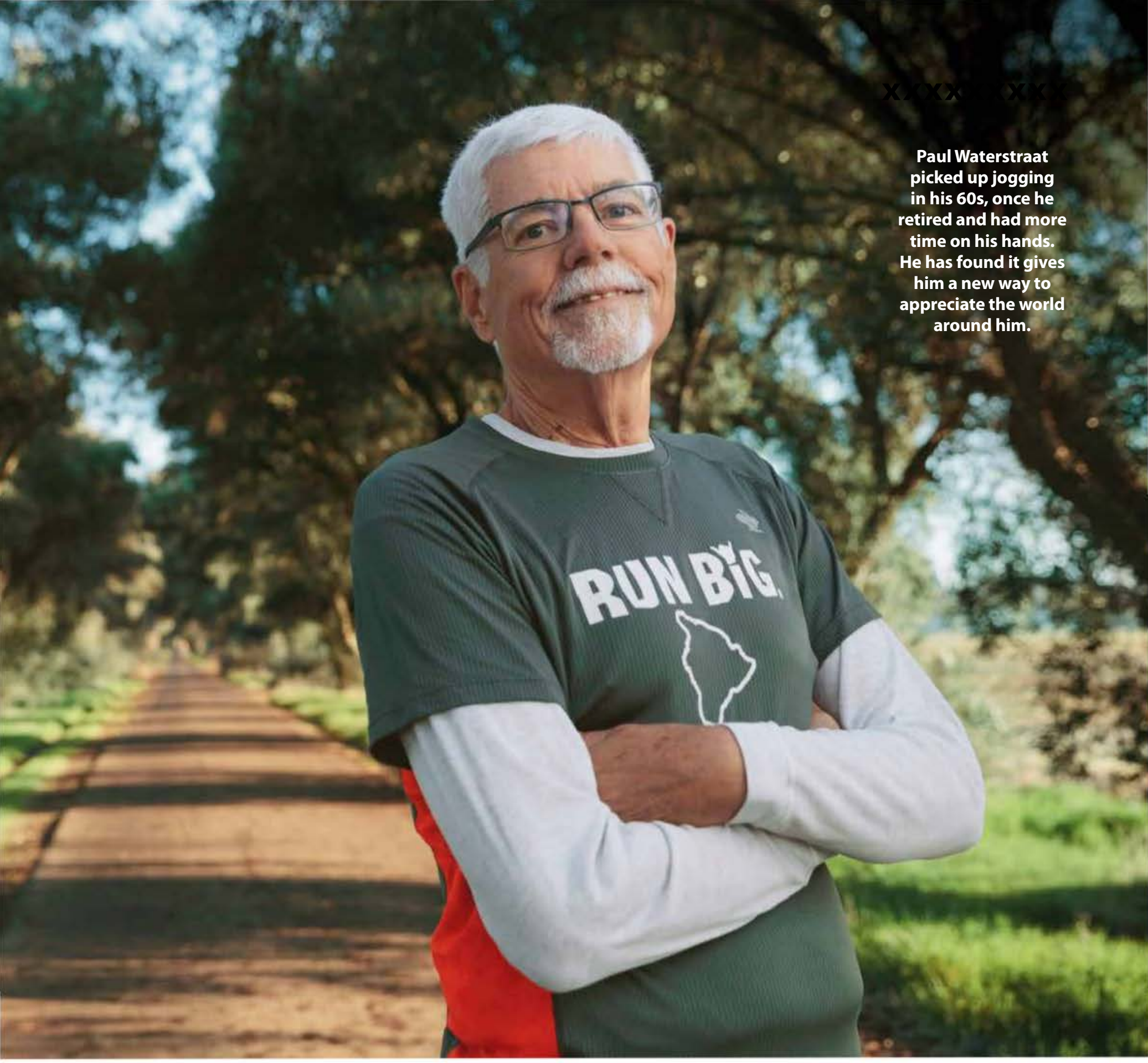
How does one go from not running at all to running half-marathons in one's 60s? The secret, it turns out, is enjoyment. Walking and running gave Waterstraat a new way to experience and appreciate the world around him. "At a walking or running pace, you notice more subtlety and nuance: which plants are blooming and if the robins are flocking back for spring," he says. "It's like being a child again, wanting to stop and marvel at something every few feet. It's a beautiful world full of delight!" He also began to look forward to the productive solitude that comes with logging kilometres. "It feels like being in a subtle meditative state," he says.

Waterstraat didn't set out to be a runner. "I had no intention of ever running an organised race. I just wanted to get my weight in control," he says. And the activity did help his health. "In the years since I started walking and running, I've lost 36 kilograms, my doctor has dropped about half of my medications, my medical test results are better than ever and I feel great," he says. His blood glucose and HbA1c are both in range and he no longer takes medications to manage his diabetes.

But working up a sweat can bring benefits beyond your physical health. When you find a form of movement that clicks with you, being active can give you new perspective, a sense of freedom and a joy that you look forward to. Find the right type of exercise and it may no longer feel like a chore that helps you stay healthy. "Running has taken on a life of its own," says Waterstraat. "The medical benefits used to be the main focus. Now they are just the sideshow."

More than an endorphin rush

Perhaps you've heard of, or even experienced, a 'runner's high' – an exercise-induced mood boost that happens after a workout session or race. There's a physiological explanation for that post-workout euphoria. Exercise elevates levels of serotonin and norepinephrine, neurochemicals that transmit messages within the nervous system and regulate your mood, sense of wellbeing and energy levels, says J. Kip Matthews, a performance and sports psychologist. Plus, researchers have found that doing an aerobic activity you enjoy can activate the endocannabinoid system – the 'feel-good' system in the body – improving mood and symptoms of anxiety more than by doing a workout that



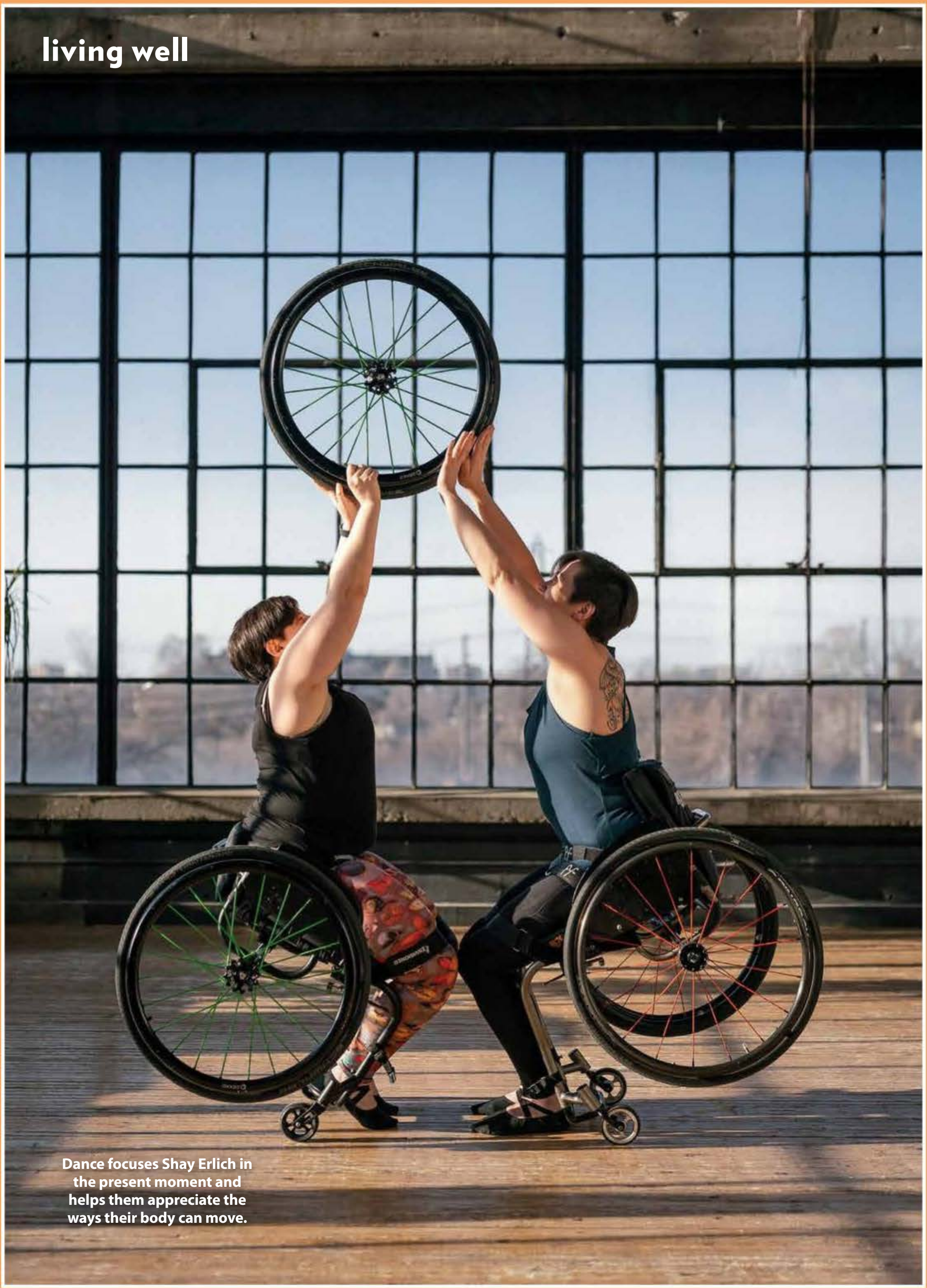
Paul Waterstraat picked up jogging in his 60s, once he retired and had more time on his hands. He has found it gives him a new way to appreciate the world around him.

feels 'prescribed'.

Yet it's not just the immediate mood boost after exercise that can make movement a valuable part of your life. There is a long-term benefit as well. "When you stumble upon an activity you click with, you start to immerse yourself in the culture of that activity," says Matthews. "It becomes part of your identity. You move from saying, 'I'm going for a run' to 'I'm a runner.'" When an activity becomes part of your identity, it influences your internal motivation. "You're no longer doing it because your doctor told you to. You're doing it because you see it as part of who you are," adds Matthews.

That's what happened to Waterstraat. When he first joined a local running group, he worried about being a "non-runner" in the team. But his fears were quickly allayed. "When we started training, no one looked down on me because I couldn't run a full mile [1.6km]," he says. "It was a community that challenged me, cheered me, and helped me build a fitness-oriented lifestyle."

He began to look forward to the company of his training crew, and he ran farther and farther each week. One day, as he was getting ready to leave the house, his wife asked how far he was running. "I answered, 'Only eight miles [13km].' She replied, 'Did you just hear yourself? Only eight miles!' At that point I realised I am a runner," he says. ➤



Dance focuses Shay Erlich in the present moment and helps them appreciate the ways their body can move.

Finding a new source of confidence

While deeply connecting with a form of physical activity can be inspiring, finding the right activity 'fit' can be a challenge. "It's natural to get stuck in certain identities and put (and keep) ourselves in boxes," says Carrie Cheadle, a certified mental performance consultant and director of the Mental Skills Training Program for Diabetes Training Camp in Pennsylvania. To help people move beyond preconceived ideas of what they can and cannot do, Cheadle says it's critical to have a safe space to try something new. Beginner classes or workshops, especially those geared towards people with diabetes, can be a good way to dip your toe into an activity for the first time.

Or, enlist a friend or trainer to show you the ropes. "Often, what we think of as lack of motivation is really a lack of confidence," she says. And with greater confidence, Cheadle has seen significant changes in how people see and think of themselves and what they're willing to try. She's even seen some people who had never ridden a bike prior to participating in a Diabetes Training Camp not only try and enjoy cycling, but also go on to complete Half Ironman and Ironman triathlons.

Take Shay Erlich, 32, for example. Because Erlich has faced a lifelong struggle with proprioception (knowing where and how your body is oriented in space), team sports were never appealing. "I've had a body that has wanted to be active my whole life, but participating in organised physical activities was a major challenge for me as a young person. I hated PE and was awful at most organised sports," they say (Erlich uses gender-neutral pronouns).

Getting into adapted sports that met my body's needs was the key to having a life that was more active and full.

– Shay Erlich

It wasn't until the Toronto resident, who has type 1, started dance and aerial circus that something clicked. "I can feel present in my body when I move. I can feel muscles stretch and activate," they say. Erlich also notices that because these physical activities demand absolute attention, they are forced to stay in the present moment: "It gives me freedom from everything else in my head and that keeps me motivated."

But it hasn't been easy. Due to chronic illness, Erlich has used mobility devices, including a walker and motorised scooter, for almost 10 years and began using a manual wheelchair two years ago. "When I started [aerial circus], I was so disconnected from how to use my body. It took me three to four weeks to just figure out how to hang from an aerial hoop," they say. Erlich used a training log to keep track of their goals – and the dates they accomplished them, which helped develop their confidence. "I can look back and say, 'Oh right. It took me this many weeks of trying to figure it out.'"

More recently, Erlich stepped even further outside of their comfort zone. Over the winter, they started playing sledge hockey, an adapted form of ice hockey in which players sit on sleds. "It's been a real switch moving from individual activities to a formalised team sport. I was nervous," they admit.

Erlich was surprised by how far out of the way their teammates have gone to make them feel included. And the time on the ice? "It's so much fun," they say. "For me, getting more into adapted sports that met my body's needs was really the key to having a life that was more active and full." ➤

I get to do this

According to Cheadle, research shows that knowing about the health benefits of physical activity isn't enough for most people to get started (or to stick with it!). Often, it's only when you're in the driving seat and get to choose what interests you that exercise switches from something you have to do to being something you want to do.

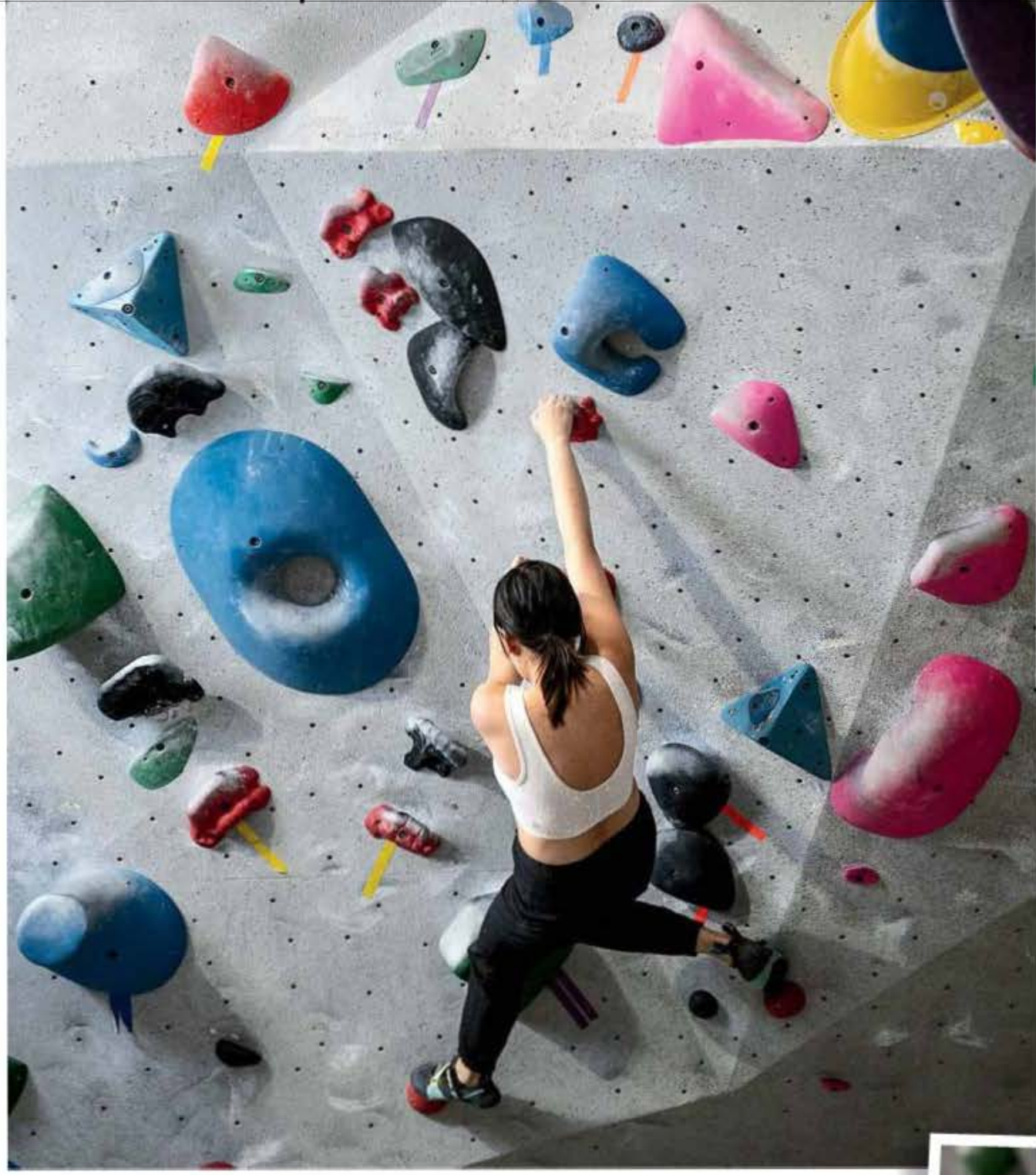
When Toronto resident Carol Ching, 29, started college, the stress of university and work pushed exercise to the back-burner. Then, in 2013, at the age of 22, she was diagnosed with type 1 diabetes.

"Having to carry insulin with me and do fingerpricks, it became a full-time job," she says. At times, Ching thought about getting back into skiing, which she had picked up in Year Seven, but she had a hard time gauging how exercise would affect her blood glucose levels and wondered how she would manage symptoms such as thirst and fatigue. "Everything [with diabetes] was purely physical, which led me to believe I couldn't do much and that I wouldn't have the energy to work out," she says. "It was just too overwhelming to add anything else to the equation."

It took some experimentation (and eventually a CGM), but Ching began to figure out how to manage her blood glucose while being active. Then she found that re-engaging in physical activity was a turning point. In 2016, her partner at the time encouraged her to try rock climbing. Her first session on the wall was terrifying. "I was, and still am, super afraid of heights and I had zero muscle strength," she says. But now, she opts to climb on a regular basis because it's more than just a physical activity. She explains rock climbing is like a puzzle, a mental workout to figure out which holds to use on the wall, how to coordinate your feet and how to manage your strength and endurance. In some ways, she says, as with managing diabetes, figuring out each challenge in climbing is rewarding. "It feels impossible to reach the top, but you do it and you can move on to the next thing," she says. Ching also returned to skiing in 2016. And, when she zooms down a mountain, carving side to side on her skis, she's chuckling inside. "I just like the freedom when I point my skis down a slope and push off. Even if it's for a couple of minutes, I feel free," she says.

It has given Ching a sense of endless possibilities. "I can climb at a gym or outdoors. I can ski in Toronto or in Japan. I'm not stuck. I don't feel tied up with life and what I'm dealing with," she says. "Because these activities are kind of extreme, it's allowed me to feel like my diabetes is no longer a barrier."

Ching also started cycling, and now cycles to work regularly. She has found that in addition to the bike commute giving her more energy to start the day, it has also helped her maintain her blood glucose and reduce her insulin intake. "I was able to lower my HbA1c from double digits to single digits in the matter of a 18 months," she says. While she still finds motivation to be a challenge from time to time, she knows she feels 10 times better when she's active. "It makes me feel good to be alive."



WORDS CHRISTINE YU
PHOTOGRAPHY MIKE LAST, MARC OLIVIER LE BLANC

The challenges of climbing have helped Carol Ching realise diabetes isn't a barrier to a rewarding life.

5 TIPS FOR FINDING AN ACTIVITY THAT'S RIGHT FOR YOU

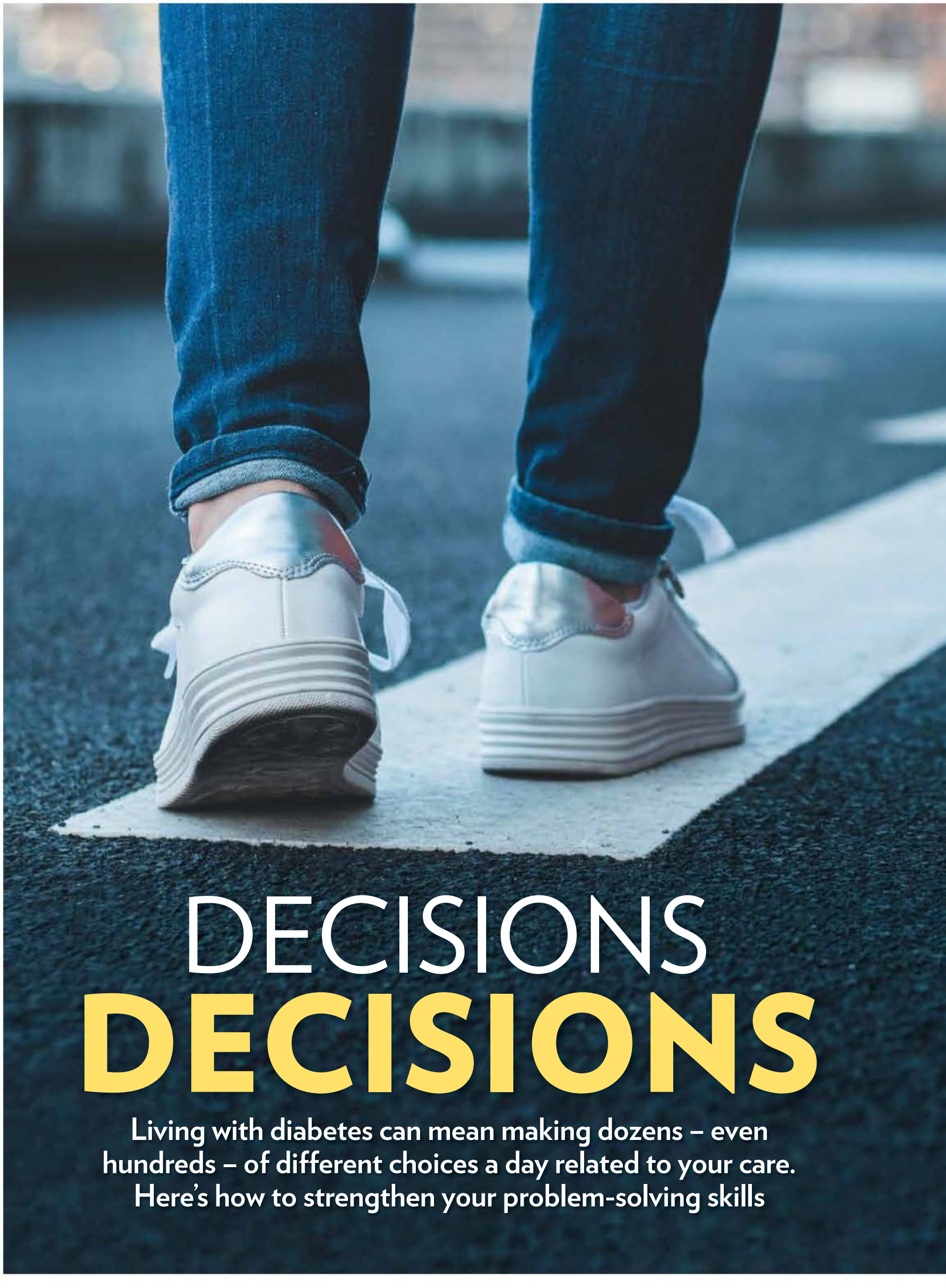
1 BRAINSTORM
Remember music class at school, when you got to try different instruments before committing to one? Take the same approach with physical activity. "Tap into your creativity and sense of adventure," says Matthews. "There are so many fun sports and activities, like touch football, kite flying, walking soccer and disc golf." Cheadle recommends making a list of 15 activities that have piqued your curiosity. Then read the list aloud and identify two activities you can feel in your belly.

2 TAKE A SMALL STEP
Once you've identified potential activities, ask yourself – as Matthews asks clients – what are you willing to commit to today? Maybe it's going to watch a practice session of a sport you want to try, or making an appointment to tour a new gym. "Each little step moves you closer to your goal," he says. "Sometimes people surprise themselves and they do more than they expected." Another approach? Cheadle suggests rating your confidence on a scale of zero to 10. Then, think about what you could do to bump your confidence up one level. This can help you pinpoint a place to start, she says. For example, if you're interested in trying boxing but don't want to walk into class alone, enlist a workout buddy. Or, if you're anxious because you don't know what to expect in a class, call the gym or studio beforehand.

3 START SLOWLY
Even if you are over-the-top excited about a fresh activity, make sure to start with just a little bit at a time, as establishing a new habit doesn't happen overnight. "You need to be measured in your approach and give your body time to acclimate," says Matthews. "The first few weeks, you're trying to figure out how to build the activity into your schedule. Once you iron out the wrinkles and stick with it for a month, you start to anticipate and look forward to it." That's when you know it's clicked.

4 FIND YOUR CREW
Sometimes it's not the exercise itself, but the relationships and connections to others that make an activity meaningful and motivating. For example, it was the other people in Waterstraat's running group that helped make the time fly for him. Even if you prefer to exercise alone, find someone with whom you can share your success – perhaps it's a post-workout coffee with a friend that keeps you motivated.

5 BE KIND TO YOURSELF
Life is full of ups and downs, and that goes for your exercise habits, too. It's normal to fall away from your routine from time to time, says Cheadle. It may help to track your progress and look back on how far you have come. "Even on a bad day, it's important to remember what a bad day looks like now compared to a bad day a little while ago," says Erlich. ■



DECISIONS DECISIONS

Living with diabetes can mean making dozens – even hundreds – of different choices a day related to your care. Here's how to strengthen your problem-solving skills

Last winter, Caroline Dorn looked down at her left hand to find it riddled with pen marks. Two hundred and forty-seven to be exact. The American teen had decided to run a little experiment in which she put a pen mark on her hand every time she had a thought related to her type 1 (such as calculating carbs, dosing insulin or checking her Dexcom). "I'd had some frustrating days where making decisions about diabetes was constantly interrupting my train of thought, my homework, my classwork," says the 18-year-old, who was astonished by the number of marks she'd tallied that day. She took a photo of her pen-riddled hand for a Facebook post that went viral, with more than 7100 shares and 1100 comments.

"I did it to prove to myself that it's OK to be tired or tell people no when they invite you out," says Dorn. "But it touched a lot of other people too."

The silent burden of decision-making for people with diabetes can often feel downright overwhelming. That's exactly why so many experts preach the 'three Ps' when it comes to managing it: planning, planning and more planning. But anticipating and avoiding challenges can't be the only tool in your arsenal for dealing with diabetes, as unexpected challenges will always come up.

"Blood glucose regulation is affected not only by activity, diet and medication but also by stress, infections and pain," explains Mario Skugor, an endocrinologist with the Cleveland Clinic. "Sometimes it's very, very hard to predict what is going to happen. You have to always be ready for surprises." That's why problem-solving is such a valuable skill to sharpen. The next time you find yourself facing a choice about your self-care, try asking yourself one of the seven questions that follow – they can help you go from feeling exhausted to empowered in no time. ➤

1 What would 80% success look like to me?

It's not uncommon for people with diabetes to strive for perfection in monitoring their BGLs, eating healthy foods or hitting the gym regularly. "Sometimes there's a stigma that if you have a disease, you're not as good as other people," says Karen Lau, a nutrition and diabetes care specialist at Joslin Diabetes Center. "It can drive people with diabetes to aim for 100 per cent or even 150 per cent perfection when it comes to their disease management."

But an all-or-nothing attitude can sometimes leave you feeling like a failure – not to mention more stressed, which can then impact your BGLs. That's why experts advocate taking things down a notch from aiming for an A-plus to being happy with a B when you're grading yourself on the health choices you make.

Maybe on stressful days, instead of half an hour on the treadmill, you give yourself kudos for 20 minutes of walking. Perhaps instead of chastising yourself for a carb miscalculation, applaud yourself for all the other maths you nailed today.

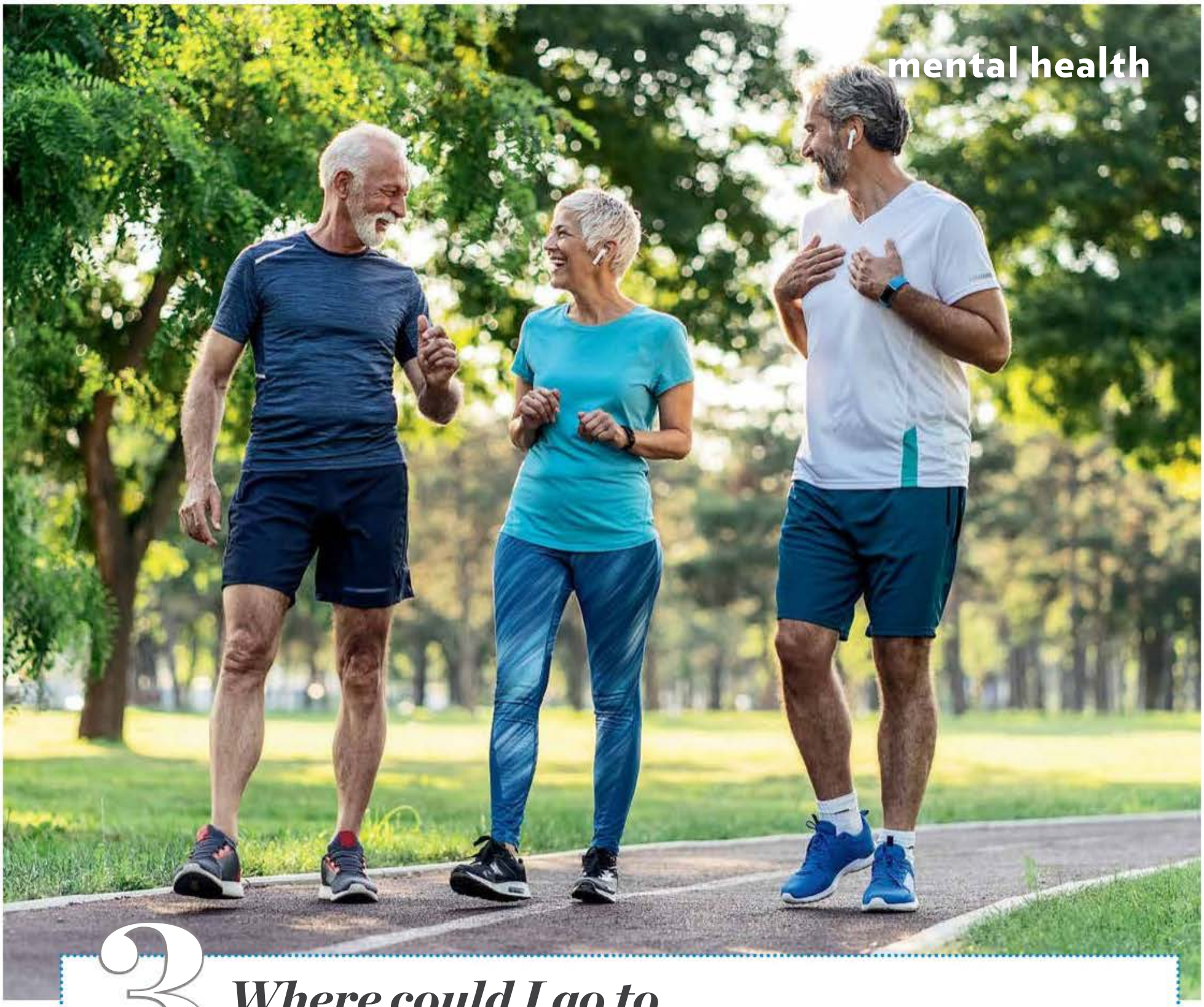
Theresa Hastings, 37, type 1, finds this strategy helpful in managing her care. "I'd love to have a day when I'm 100 per cent in range – but I also know diabetes doesn't play fair," she says. "I can try the same thing two days in a row and get different results." Rather than judge herself, Hastings tries to focus on her numbers. "My blood [glucose is] just data. It's data to review and analyse [to use to] make changes and hope they have the result I'm looking for. If they do, great and I move on. If they don't, I go back and see what else I should adjust. It's a daily fight to not allow the judgement back in, but it is essential for my mental health."

2 WHAT'S MOST IMPORTANT TO ME ABOUT THIS SITUATION?

You might use this question to move away from the strict idea of 'right' or 'wrong' when making a choice. Instead, it can help you to factor in your personal values. "This question is about prioritisation and the impact those priorities can make," says Kat Porco, a board-certified health and wellness coach and co-founder of Attain Health, a US-based telehealth coaching and education non-profit. It might cause you to realise, for example, that speaking up to your doctor and advocating for yourself is more important than worrying that you've questioned their authority at a medical appointment. Or that being patient is more important to you than inaccurately dosing your insulin when you're in a rush.

For author Carol Gee, 70, this question helps her prioritise happiness and fellowship – rather than sticking to a strict meal plan to manage her type 2 – at holiday dinners with her loved ones. "If I'm denying myself, I'm not going to be happy," says Gee. She'll typically have a small portion of turkey but avoid over-indulging in the trimmings at Christmas. "During holiday get-togethers, it's important to me to be able to enjoy whatever is going on," she says.

When you find yourself stuck at a crossroads moment, take a second to ask what's important to you so you can arrive at to your ideal outcome.



3 *Where could I go to squeeze in a quick walk?*

This question gives new meaning to the phrase 'exercising your options'. Research shows brief bouts of exercise (even a five-minute walk) can benefit your problem-solving skills by helping to increase creativity or boost brain function. "Sometimes we're too deep into a tunnel of thoughts and we just can't find an answer," says Lau. "You have to take a step back, look at a bigger, different point of view, and then you see things [more clearly]. Taking a walk can help you do that."

The next time you're trying to figure out what healthy options to have for lunch, how to squeeze exercise into your day or when to reschedule a doctor's appointment, go for a stroll (or find another way to move, such as doing a few yoga stretches). As an added bonus, you'll get all the regular benefits of exercise: getting your blood flowing, burning some kilojoules and lowering your stress levels.

Sydney Williams, 34, knows all about the power of walking when it comes to decision-making. When she was diagnosed with type 2 diabetes in 2017, she started going on morning walks to squeeze exercise into her busy day. She worked in a high-stress agency job, where she held a corporate communications role for a major television network, and she was worried about how her hectic job was impacting her health.

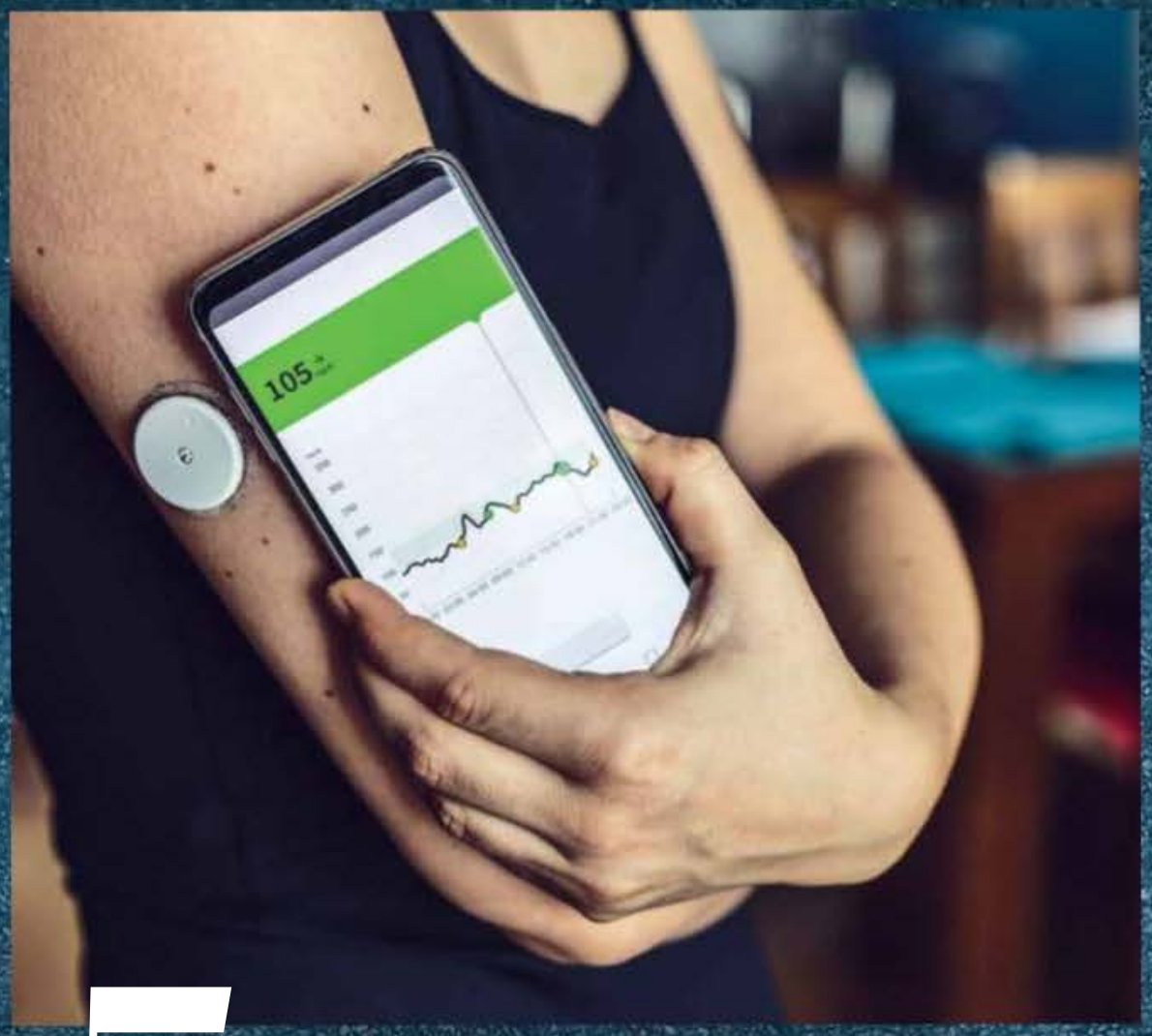
"I had a six-figure job with upward mobility and unlimited vacation days but I was sick, tired and sad," says Williams. "'What do I do now?' I'd ask myself on those walks." The answer eventually came to her on one of her strolls: she decided to quit her job, transition to entrepreneurship and start her own non-profit organisation, Hiking My Feelings, which helps people heal by spending more time in the great outdoors. The transition eventually helped her lose 32kg, better manage her BGLs and go off her diabetes medications. ➤

4 WHAT'S MOST IMPORTANT TO ME ABOUT THIS SITUATION?

So often we convince ourselves a problem only has one correct answer. But in reality, you could probably come up with a list of 5-10 options for every dilemma you face. For example, if you're feeling down about having a chronic illness, you have more choices than finding the time to meet with a therapist in person or not meet with one at all. You could speak with a therapist using a telemedicine app or participate in a support group instead. Brainstorming can not only help you see possibilities, it can also empower you to make a realistic choice.

"People come up with new ideas around disease management when they get out of the mindset of control and take the opportunity to brainstorm," says Porco. She suggests writing your dilemma down on paper and putting a circle around it. Then draw lines from the circle and write all possible solutions to the problem.

Stacey Divone, 43, needed to get into a regular exercise routine. But she also knew spending an hour at the gym wasn't going to work with her motivation or her schedule as a busy senior manager at a bank. "I brainstormed ideas with my husband around activities I could do for 15 or 30 minutes," says Divone, who has chronic back problems and type 1. After working on a list of options, she identified a few that suited her: riding her indoor bike for just 20 minutes instead of longer rides, and short bouts of yoga using on-demand videos.



5 *What technology can I lean on?*

If you're not letting technology lend you a hand, you may be missing out on some added ease in your day. Diabetes technology has improved immensely during recent years, and many people with diabetes find it helpful to use a CGM, smart meter or app to help them with monitoring their BGLs. Take Jeremy Jackson, 42, type 1. "I have a continuous glucose monitor and an Apple watch. With the Dexcom, if my levels start to drop, my watch and phone will give me an alert," he says. Jackson has further downloaded the MyNetDiary and RapidCalc apps onto his iPhone to track his food and carb intake.

It can also help to think outside the box – especially if you don't have access to, or can't afford, a CGM. Adrian Gibbs, type 2, decided to use tech to help give him reminders through the day, as he lives alone. "My Google Nest Home reminds me to check my BGLs and take my meds and can control the lights to make me realise when it's getting late and I need to shut it all down and get some rest. There are times that I'm [working] and just lose track of time," he says.

Belinda Justice, 46, leans on the virtual assistant Siri to help her count carbs. "I'll ask her how many are in an apple or an avocado so I can stay within my 60g of carbs per meal," says Justice, who is a cosmetologist with type 2. "I also keep a list of fast-food options I like in the notes section of my smartphone so I don't have to keep looking up the carbs in my favourite salad or taco." Even the smallest of decisions can be made easier with the help of technology.

If you start a question with ***"What if I ..."*** you change the way you look at a situation by creating the possibility of an amazing outcome.

6 WHAT IF I DID ?

Here's how many of us approach problem-solving: We wonder "Should I do X or Y?" We ask "Should I eat that or not?" Or "Should I check my blood [glucose] now or not?" But that phrasing usually leaves us "shoulding" all over ourselves.

If you start a question with "What if I …" you change the way you look at a situation by removing the dread of a wrong decision and instead creating the possibility of an amazing outcome. "When you approach a problem from the mindset of 'Here are my options,' you're in control," explains Porco. "When you're asking a question like 'Should I?' that has a black-or-white response, that takes control away."

While she's coaching her patients, Porco goes a step further as she's checking up on their daily habits. "I always ask, 'How many times did you choose to check your blood [glucose] this week? How many times did you choose to exercise this week,'" she says. "It's all based on this idea that [you are] choosing to be in control of your own outcomes."

7 *Who can help me figure this out?*

You don't have to be the only person working on a challenge. Confiding in a friend that you wish you could afford a continuous glucose monitor might lead you to find out she knows where you can get a free one. Sharing with your diabetes care and education specialist that you're frustrated because you go to bed with normal glucose levels but wake up in a spike could lead to them easing your anxiety with an explanation. One solution: ask your doctor, "How can I communicate with you if I have questions after our appointment, or if I need help between appointments?"

"One of the essential parts of our job is to be able to have those communication channels," says Skugor, who takes all sorts of questions from patients through Cleveland Clinic's MyChart system. "Patients will ask, 'I'm going to have a steroid injection, what should I do about that?' or 'I have a colonoscopy next week, so I'm not going to eat for 24 hours. How do I adjust my medication?'"

Sometimes you can lean on your doctor and sometimes you can lean on other pros – people with diabetes. "While I trust and respect my endocrinologist and her team, the women in my DiabetesSisters online community are such a valuable resource," says Hastings. A few years ago, she grew frustrated with her weight, and was puzzled about why she had started to put on weight despite her eating and exercise habits. So, she asked for help.

When she shared this with her community, she learned more about the complex relationship between her type 1, insulin, the hormone amylin and weight gain. She received a suggestion to talk to her doctor about adding a type 2 medication that might help with managing her weight. Since posting about her frustration in her community, Hastings has changed her medication regimen, lost 9kg, seen reduced fluctuations in her BGLs and feels as though her memory is improved. "It is truly refreshing to feel like myself again after 21 years with this disease," she explains. "I never would've considered talking to my doctor about adding a med if I hadn't asked my community." Opening up to others not only gave her options, it also gave her solutions. ■

WORDS LYNYA FLOYD **PHOTOGRAPHY** GETTY IMAGES

PUSHING boundaries

TYPE 1

Finding a path that helps countless others living with diabetes

When I, Neil Greathouse, was diagnosed with type 1 at the age of 19, I thought my life was over. I was at Keesler Air Force Base in Mississippi, training to become a pilot for the United States Air Force – a goal I had been working on since I was barely a teenager, with private pilot lessons and four years in the Junior Reserve Officers' Training Corps. One day during flight training, my pancreas decided to clock out and never come back to work. When my commanding officer walked in the hospital room where I was recovering from being in diabetic ketoacidosis (DKA), I knew the news before the words came out of his mouth: "Your flying days are over, son." It was as if my future just went blank.

Fast-forward 26 years to 2017. I was standing in a small patchwork building made of spare pieces of wood, sheet metal and bricks in Nauta, Peru, a remote village in the Amazon rainforest. I was with a small team of doctors, construction workers and others who had agreed to join me on this mission trip to build a school and provide health screenings to the community.

This was the fourth trip out of our church. What started as a mission trip to teach the gospel turned into repeat visits that involved something much more tangible – helping to build a school, dig a well, fix buildings and meet medical needs.

In front of us, thousands of Peruvians waited to be screened for diabetes, joint pain, parasites and other ailments. We had several hundred glucometers, coolers of insulin, plus glucagon, glucose tablets and other medical supplies – enough to help entire villages for several years – largely donated by the online diabetes community. Facing the crowd of anxious faces was overwhelming. Many had come from far distances. One elderly woman named Anna had travelled 14 days by hiking through the rainforest and riding up the Amazon River in a small boat not much wider than her hips. This was her first time seeing a doctor in 74 years!

A man named Samuel came to us with a headache, blurred vision and frequent urination. This was an immediate red flag for DKA and we rushed him through the line to get his BGLs checked. It simply read "HI" on the glucometer – a sure sign it was over 500mg/dl (27.7mmol/L).

We gave Samuel some insulin, lots of water and electrolytes, and had him stick around with us for the rest of the day. We checked his levels every hour until his BGLs came down to a number the meter could read. Samuel already suspected he had diabetes because when he would pee in the rainforest, ants would flock to his urine on the ground.

> **These trips have helped me realise that instead of telling people how to live with diabetes, I can show them how.**

We gave small laminated charts to every person who had high BGLs. They had a list of foods to avoid and instructions for what to do when their BGL was high or low. Most of these people wouldn't have access to insulin or proper medical care when we left, so the best thing we could do was provide education.

We gathered nine people who had very high BGLs and discussed diabetes care for more than an hour. The rest of the village pressed up against the windows and open slats in the hut to see what all the fuss was about. I could see the lightbulb moments when the group

WORDS & PHOTOGRAPHY NEIL GREATHOUSE

grasped it wasn't a good idea to eat plantains or drink orange juice when they weren't feeling well from high BGLs. I pulled out a glucometer, checked my BGLs, and explained I'd been living with diabetes for 26 years. The group looked at me with disbelief and started to listen more closely.

Through our many trips to the Amazon in the past seven years, we've screened more than 6000 people for diabetes and other ailments. Their faces, filled with sheer gratitude, are all etched in my mind. Their smiles are genuine and the results are real.

These trips have helped me realise that instead of telling people how to live with diabetes, I can show them how. Not just in Peru or in a remote part of the jungle, but also right here at home. And I've decided I am going to spend the rest of my life doing this: letting people with diabetes see me doing things that they can also do – way before I tell them I have diabetes.

I've competed in an Ironman triathlon and six half-marathons. I made a documentary, called *Bike Beyond*, about people with type 1 cycling across the United States. I help my kids teach others about diabetes at their schools. And I work and travel just like anyone else, all while checking my BGLs and trying to keep a good balance of regular life while managing diabetes.

I think every single one of us can do this, right where we are. We can help educate those around us by living our lives in a way that shows what we are capable of. I thought my life changed when I was diagnosed, but the real change started when I began helping and educating others living with the disease. ■

After being diagnosed with type 2, positive things started happening to Mike Gardiner, one after another. Nine years later, now aged 67, he's the happiest he's ever been

'Diabetes has been great for my *mental health*'

TYPE 2

Did your diagnosis initially upset you?

It was a surprise because I'd had no symptoms, but I wasn't upset. I just shrugged my shoulders and said: 'What do we do now?' I'm not afraid of any diagnosis, because once you're diagnosed you can do something about it. But I was shocked when I Googled 'diabetes' and saw smoking was a risk factor. I thought 'I can't smoke anymore.'

So, you gave up at once?

Giving up is easy – I've done it hundreds of times. I smoked for 40 years. It's giving up for good that's difficult, but diabetes motivated me. I'd had an incident where my eldest grandchild, who was three, ran across the room with her arms open and I picked her up to give her a cuddle. She kicked and screamed and said 'Pa, you stink!' That hurt. But it still wasn't enough for me to give the coffin nails away. The diabetes diagnosis was the clincher and a prescription for Champix helped.

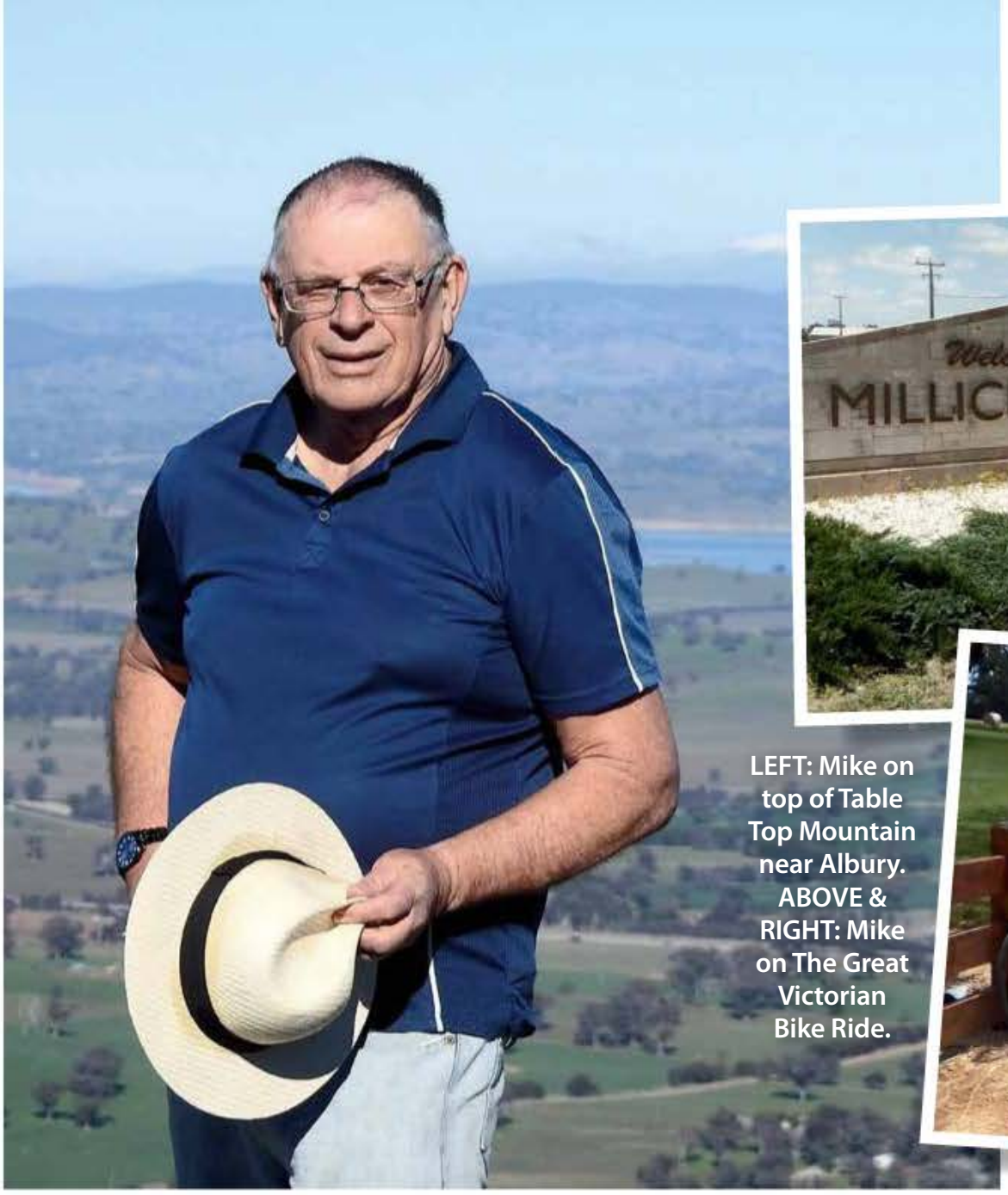
How good did quitting smoking make you feel?

I felt a lot better and saved a lot of money. I'd been using an old bike to get to the shops, but it was too small, so I rewarded myself with a new bike. Once I had a good bike, it went from being a cheap form of transport to a form of entertainment. I found myself wanting to ride and developed an interest in cycling.

What type of cycling?

I've been on a number of adventures and absolutely loved it. I started doing rail trails near where I live, so there was the 30km High Country Rail Trail around Lake Hume and then a two-day 100km ride from Bright to Wangaratta.

Then the MS Gong Ride, a fundraiser from Sydney to Wollongong, which I thought would take me six hours, but I surprised myself by finishing in 3 hours 40 minutes. I got a real sense of achievement. I also did a three-day ride with



LEFT: Mike on top of Table Top Mountain near Albury. ABOVE & RIGHT: Mike on The Great Victorian Bike Ride.

Pedal Power Albury Wodonga, which was hilly and had a fair bit of dirt road, but you see so much more when you slow down.

The Great Victorian Bike Ride and seeing the Great Ocean Road were on my bucket list, so I did that 654km ride last year. It was 10 days, with eight days in the saddle. It was magnificent and the coastline has a real wow factor. I've also done a lot of walking. I did the six-day Camino Salvado – a pilgrimage from Subiaco in Perth to New Norcia. And I had a failed attempt to ascend Mt Kosciuszko. I got blown back by wind and snow.

Would you have embraced exercise without diabetes?

I don't think so and I certainly wouldn't have managed it if I hadn't given up smoking. There were about 4500 people on the Great Victorian Bike Ride and I didn't see anyone smoke.

Did you make any other major changes?

My diet needed to be improved. I had a sweet tooth – I didn't mind ice-cream or soft drink and I had pizza or fish and chips a couple of times a week. I would eat anything put in front of me, whether I liked it or not, unless it was tofu. But then I learned how to prepare food in different ways and make it taste interesting.

Soup has ended up being my signature dish, and the way I cook, it never comes out the same twice. You open the fridge, see what needs to be used up and put it in the slow cooker. You can turn it into anything with spices, and if it ends up a bit thicker you call it a stew. You can't go wrong because you'll never burn it. I just add meat, vegetables, pulses, spices and sauces. And I've found lentils and chickpeas. If it doesn't work, you throw in a bit of soy sauce. I'm still working on salads.

I like to avoid commercial dressings, but I still haven't got them quite right.

How well is your diabetes managed?

I'd like to go off the medication, but I haven't got to that stage. I take metformin every day and get a blood test every six months, and my doctor is happy. But having diabetes has been great for my general health; I've had regular visits to a dietitian, podiatrist and GP. It has also been great for my mental health, because I've had a lifelong battle with depression. One of the keys to living well in later years is being socially engaged, and riding keeps me connected to a lot of good people. I've never felt better and, at 67, that's a big boast. A lot of people would see being diagnosed with diabetes as a negative, but for me it has created a lot of positive experiences. ■

WORDS HEATHER WISEMAN **PHOTOGRAPHY** SUPPLIED BY MIKE GARDINER
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

SUE WAS NOT CRUISING IN QUARANTINE

TYPE 2

Cancer survivor Susan Lister, 70, shares her experience of cruising in the time of a pandemic with type 2 diabetes

Susan Lister is a true survivor, living with type 2 and beating cancer. She is also recovering from an Achilles tendon operation this year and has problems with her other foot. None of this stopped her from embarking on a cruise with friends which departed Dubai on March 12 this year. However, the global pandemic forced Sue to return home on March 29 for two weeks of quarantine at a Sydney hotel.

I CAN BE STUBBORN

"I'd paid off the cruise over 18 months. When coronavirus came along, they told us there were no refunds if we cancelled. The travel agent and cruise operator told us everything was fine."

Her family tried to talk her out of her travel plans. But, "I can be a pretty stubborn old thing," she says ruefully. "After paying all that money and being reassured that the cruise would stay on schedule, I wouldn't listen."

Sue was travelling with nine girlfriends she'd met through a running club. "I used to love a good run or walk, but I lost part of my right lung after surgery for bi-lateral lung cancer in 2017," she explains. "I also had radiation, which has caused problems with swallowing. When all of this was happening, that's when they found out I had type 2."

THE ILL-FATED CRUISE

At the beginning of her trip, Sue and her friends flew to Dubai and stayed two nights before boarding.

"When we got to Dubai we were told again everything was on track and the cruise would go ahead according to plan," she says. "We found out later that 800 people who had been booked didn't get on, and some of them decided against it after they arrived in Dubai. By then, we were all already on the ship."

Sue and her friends were looking forward to a 17-day cruise through the Middle East and other ports, before finishing in Milan. That didn't happen.

"All of the ports started shutting as soon as we sailed from Dubai," continues Sue. "We did sail through the Suez Canal, but we docked in Marseilles on March 24 after everything closed. From there we caught a flight to England.

"One of the girls I was travelling with had a cousin in London, and we stayed with her for two nights. A flight home had been organised for us on Qantas."

Sue says there were a lot of delays at every point of the journey home. At Marseilles, they were kept waiting six hours with no food or water. "They called [everyone with diabetes] and offered us chips, peanuts, water and a few apples that the Australian Consul lady had in her car," says Sue. "We left Marseilles at 7pm that night."

In London, Sue and her travel

companions were required to split up and follow different instructions from the Australian Consul to get them home. Sue flew from London to Sydney via Darwin for refuelling.

RETURN TO AUSTRALIA

In quarantine, Sue and her fellow travellers were not given time outside for fresh air or exercise. As a result, Sue was only able to do daily exercises in her room.

Having had high blood pressure for many years and three bouts of diverticulitis in the past year, Sue is careful with what she eats. However, in quarantine, she had no control over her food.

"The food was not good," she says. "There was very little protein. They delivered frozen food that had been reheated, and by the time you got it, it was cold. It was all shrunken under the plastic wrap.

Sue had left her blood glucose testing kit at home by accident and didn't know how she was tracking with her diabetes. She takes blood pressure tablets and metformin daily, but began to worry when she was down to only four days' supply of her blood pressure tablets.

"A Red Cross nurse started ringing to see how I was getting on. They told me to ring them to let them know I needed blood pressure tablets," she says.

Sue had also rung the Diabetes Hotline and spoken with Donna, a CDE and pharmacist, who "was kind and very helpful".

Not surprisingly, the best part of this trip was getting home to her unit at Bribie Island.

"I had a little cry in the first couple of days in quarantine," she says. "I counted down the days until I could go home." ■

WORDS & PHOTOGRAPHY SUPPLIED BY DIABETES QUEENSLAND
ADDITIONAL WORDS ELLIE GRIFFITHS **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

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JOIN THE RESISTANCE

Small and lightweight, bands make it easy to fit in a muscle-building workout without a lot of space or equipment. Get started with this less-than-20-minutes routine

Strength training doesn't always mean lifting weights or using fancy gym equipment. Simple resistance bands are just as useful in building strength, but they are lighter and easier to manoeuvre than traditional weights. Plus, they allow you to work your muscles and improve flexibility without putting too much stress on your joints. Once you are familiar with a few basic moves, this simple tool can make it easy to add some muscle-training sessions to your weekly routine. This complete workout shows you how resistance bands can build muscle and amp up your heart rate, too!

The Goal

Perform this workout with 2 or 3 rounds of the circuit (Step Two) up to three days a week, with at least one day between sessions.

THE WORKOUT

STEP ONE: Warm-up
Start with 5 minutes of gentle movement. We suggest marching in place (standing or seated) for 4 minutes, then performing one repetition of each exercise on pages 116-117 without the bands.

STEP TWO: Strength training
Follow the circuit on pages 116-117. It's made up of four exercises, performed one right after the other. Each exercise lasts for 45 seconds, which is broken into three 15-second intervals:

- **Interval 1:** 15 seconds of easy to moderate intensity
- **Interval 2:** 15 seconds of faster movement at a high intensity
- **Interval 3:** 15 seconds of recovery jogging to prepare for the next exercise

Work up to repeating the circuit a total of 2 or 3 times. At any time, if you're unable to keep your form and move through the full range of motion, slow down, make the move smaller or take a break.

STEP THREE: Cool-down
Do the five gentle stretches on pages 118-119 for 20 seconds each. ➤

WHAT YOU'LL NEED

This workout is designed to use resistance bands that are about 1.5m in length. We like the TheraBand multi-band pack (from $21, opchealth.com.au). TheraBands come in different resistance levels: yellow is equal to 1.4kg; red 1.7kg; and green 2kg. We suggest beginning with yellow or red. You'll also need a sturdy chair and a clock or timer to track each 15-second interval. You can also buy resistance, stretch or latex bands from sporting stores (such as Rebel Sport) or department stores (such as Kmart).

STEP TWO

Strength-Training Circuit

Build strength and endurance by using your band to perform each exercise. Follow the interval timing on page 115 (see The Workout).

SIT, STAND & LATERAL RAISE

1 This full-body move builds power in your legs and the tops of your shoulders. Start off seated in a sturdy chair with the band under your feet and your feet flat on the floor. Place your hands in the last loops (or grasp the ends of the band) and place your elbows by your sides with your arms bent at a 90-degree angle (A). Roll your shoulders back and engage your core: gently tilt your pelvis towards your belly button and brace your stomach muscles as if for impact. Push through your heels to stand as you simultaneously raise your elbows to the sides and lift your hands up to the front of your chest; stop when your elbows and fists are at shoulder height (B). Keep your weight in your heels, your chin up and your torso tall as you lower back down to sit (A). Repeat.

STEP-OUT WITH ARM CURL

2 This move builds strength in the outside of your legs and the front of your arms. Stand on the band with your feet under your hips. Place your hands in the last loops (or grasp the ends of the band) and place your elbows by your sides with your arms bent at a 90-degree angle (A). Shift your weight to your left foot. Step your right foot out to the side as you simultaneously bend your elbows and curl your fists up toward your shoulders (B). Then lower your hands and step your right foot back to the starting position (A). Repeat on the other side, stepping out and back with your left foot. Continue, alternating feet as you curl.

CHEST PRESS & HEEL KICKS

3 Pushing the band with control strengthens your chest, while stepping with your legs builds agility. Stand with your feet under your hips, with a slight bend in your knees. Wrap the band around your upper back and under your shoulders, and place your hands in the loops (or grasp the band) near your armpits (A). Roll your shoulders back and down and engage your core. Keeping your elbows tucked into your sides, reach forward with both arms as you kick your right leg forward and tap your heel on the floor (B). Bring your arms and right leg back to the starting position (A). Repeat with your other leg, reaching your arms forward as you kick your left leg out and tap your heel. Continue, alternating legs.

ROCK & ROW

4 You'll challenge your mind-muscle coordination as you work the muscles that build healthy posture. Place the middle of the band under your right foot and slide your hands into the loops (or grasp the band) near knee level. Shift your weight to your right foot. Keep a bend in your knees as you step your left foot back 30-60cm. Place your left toes on the floor, raise your chest up and gaze forward (A). From here, rock your upper body backward, shifting your weight to your back (left) foot and lifting your front (right) toes, and bend your elbows to pull your arms straight back into a row (B). As you row, keep your thumbs up, tuck your elbows close to your sides and squeeze your shoulder blades together. Continue, rocking forward and back as you row. After 30 seconds, and the 15 second recovery, switch your feet and repeat on the other side. ➤

STEP THREE

Cool down

Improve flexibility and help your muscles recover by performing each move in this sequence. Gently hold each stretch for 20 seconds. Continue to breathe through any tightness.

HAMSTRING STRETCH

1 Sit in the middle of your chair with one foot flat on the floor and the other leg extended, heel resting on the ground (A). Place your hands on your hips and take a deep breath in. As you exhale, lean your upper body forward, keeping your chest up and your shoulders and hips back (B). Feel the stretch in the back of your extended leg. Switch sides and repeat.

QUADRICEPS STRETCH

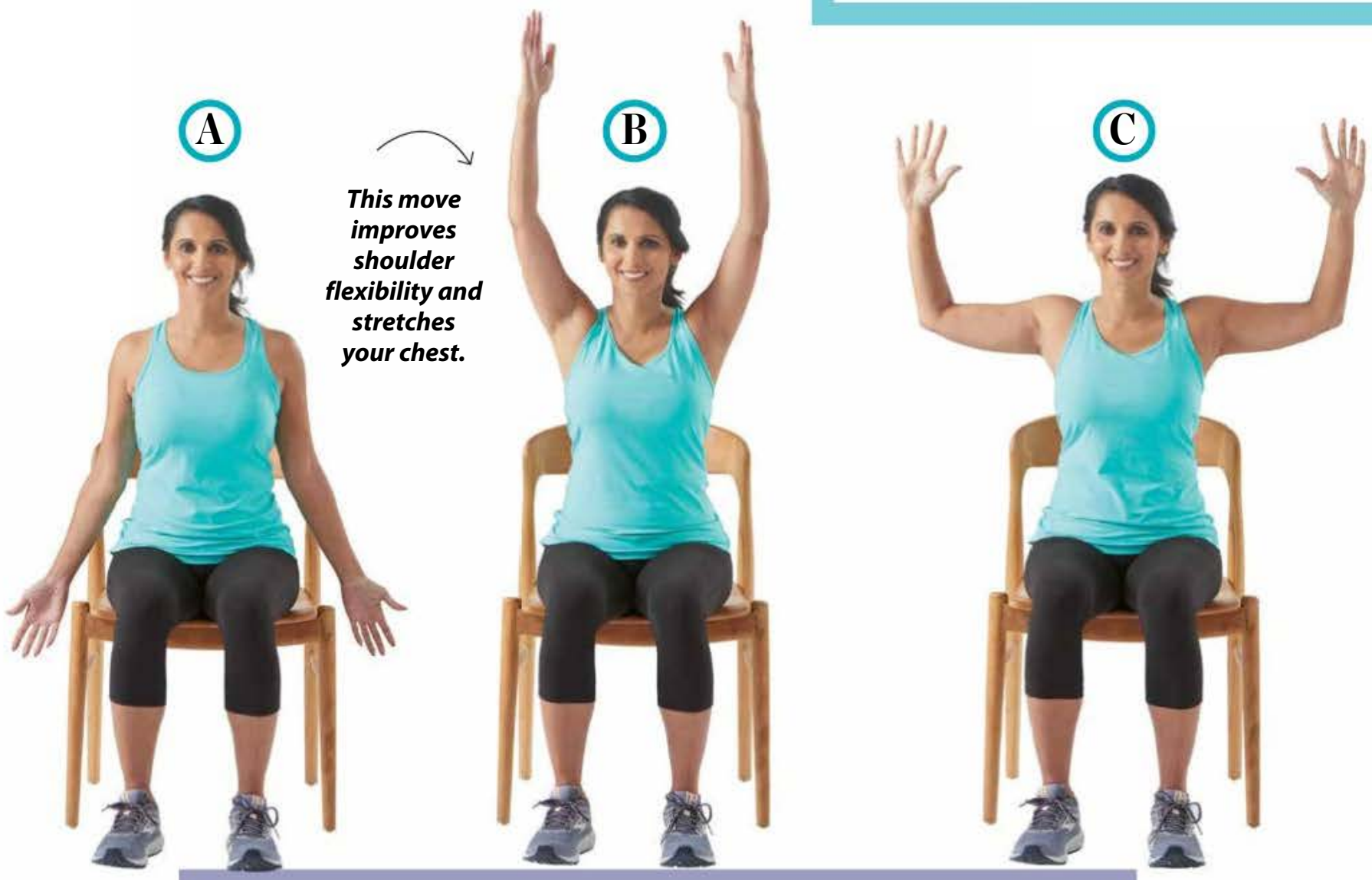
2 Stand slightly behind and to the side of your chair with your feet hip-width apart (A). Take an exaggerated step forward with one foot so you are in a lunge position. Rest one hand on the chair for support as you bend both knees and lower down further into your lunge (B). Press your back toes into the ground; you should feel the stretch in the front of your back leg up through your hip. Return to the starting position and repeat on the other side.

HIP STRETCH

3 Sit in the middle of your chair with your legs extended, knees bent slightly and heels on the ground (A). Raise one leg and place that ankle on your extended leg, near your ankle or knee (B). Feel the stretch in your bent leg's hip. For a deeper stretch, lean your upper body forward slightly, or bend your extended leg in so your foot is flat on the floor, knee at a 90-degree angle. Repeat on the other side.

BACK STRETCH

4 Sit tall in the middle of your seat with your feet flat on the floor. Relax your arms down by your sides and take a deep breath in (A). As you exhale, bring your arms forward, arch your upper back and relax your head so your ears are near your biceps (B). Deepen the stretch by turning your thumbs towards the floor. Reach forward and breathe.



This move improves shoulder flexibility and stretches your chest.

CHEST STRETCH

5 Sit tall in the middle of your seat with your feet flat on the floor and arms relaxed down by your sides (A). Take a deep breath in and lift your arms overhead. Relax your shoulders and tuck your chin slightly as you reach towards the ceiling, lifting your chest and lengthening your spine (B). Bend your elbows out to the sides as you squeeze your shoulder blades together, stopping when your upper arms are parallel to the floor and your elbows are at a 90-degree angle (C). Hold here. ■

WORDS MICAELA YOUNG **WORKOUT** MARY E. SANDERS
PHOTOGRAPHY JACOB FOX **STYLING** SCOTT JOHNSON

Exercise doesn't have to happen at the gym. Enlist pockets of downtime – say, waiting at the doctor's office or in line at the supermarket – to work on your health and fitness goals

Idle less

In the A.M.

Mornings are often jam-packed, but Carrie Swift, certified diabetes educator at Kadlec Medical Center in Washington, says it's actually the perfect time to squeeze in physical activity. March in place, or do squats or a wall sit while brushing your teeth. Test your balance while drying your hair by rising up on your toes. Try supported push-ups against your kitchen bench or wall while your coffee brews. Before you know it, you'll have fitted in 10 minutes of movement before leaving for work!

In Transit

Slip in yoga while travelling by plane, train or bus to boost circulation and squash the stress of a crowded commute, says Christine Chen, author of *Happy-Go-Yoga*. Stuck in a middle seat? Take both arms behind you and grasp opposite elbows to expand your chest and get more mental space while improving your posture. If you're standing, revive your energy and increase your flexibility with a side stretch. Reach your left arm up and over to the right, grasping an overhead bar or handle. Bonus: standing during a bumpy ride challenges your core and coordination!

In the Store

Let your errands serve double duty. While grocery shopping, zigzag through the aisles for extra steps, or circle your ankles and stretch your legs every time you stop to grab an item. While in line, do calf raises or hamstring curls, where you bring one heel towards your buttocks, squeeze and repeat. Just make sure not to kick the shopper behind you!

In the Waiting Room

Use the downtime before any appointments to improve your strength – and make the minutes go faster. Tense the muscles in each leg, hold for 10-15 seconds, then release. While sitting, straighten one leg and trace each letter of the alphabet with your foot. Even standing up to get a magazine or a drink of water a few times will help keep you moving and boost your circulation, says Swift. ■

WORDS CHRISTINE YU **PHOTOGRAPHY** MARTY BALDWIN **STYLIST** SCOTT JOHNSON

YOUR puzzles

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test

Code cracker

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all.

We have given you three letters to start you on your way, so you can see that I=12, M =15, and Q=21. You can record each letter as you work it out in the letter checker at the bottom of the grid.

15	22	5	9	7	12	■	5	4	16	26	11	5	6	■	18	7	14	13	5	6
■	7	■	5	■	4	■	15	■	22	■	26	■	22	■	14	■	18	■	21	■
9	17	26	18	■	20	14	18	26	20	■	6	12	4	25	11	■	8	14	22	7
■	19	■	12	■	7	■	14	■	5	■	5	■	25	■	15	■	12	■	12	■
9	14	7	14	15	12	■	4	5	10	22	7	14	5	■	5	4	6	12	2	5
■	■	26	■	■	4	5	5	■	26	■	■	■	26	23	4	■	■	■	26	■
2	26	23	12	4	25	■	7	5	1	12	13	26	4	■	17	8	5	4	13	5
■	10	■	15	■	■	■	■	■	5	■	14	■	■	■	■	■	7	■	14	■
5	7	26	18	5	19	■	3	22	9	9	18	26	17	■	22	4	3	26	7	6
■	12	■	■	■	22	4	12	■	■	■	9	■	22	19	4	■	■	8	■	■
9	21	22	12	19	15	■	24	26	15	10	12	5	9	■	7	14	23	15	14	4
■	22	■	15	■	10	■	24	■	12	■	24	■	9	■	14	■	26	■	12	■
8	5	7	18	■	7	12	7	14	13	■	12	4	7	5	17	■	2	14	15	18
■	7	■	5	■	5	■	5	■	19	■	4	■	5	■	13	■	5	■	5	■
5	11	5	7	12	6	■	6	19	26	4	25	26	9	■	8	22	4	25	19	11

1	2	3	4	5	6	7	8	9	10	11	12 I	13
14	15 M	16	17	18	19	20	21 Q	22	23	24	25	26

Sudoku

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

	9			1				
	2			5	7	1		
	7		2		9	6		
						8	7	
				3			4	1
			5	7	8			6
4								
	6	3						2
2			3			4	5	9

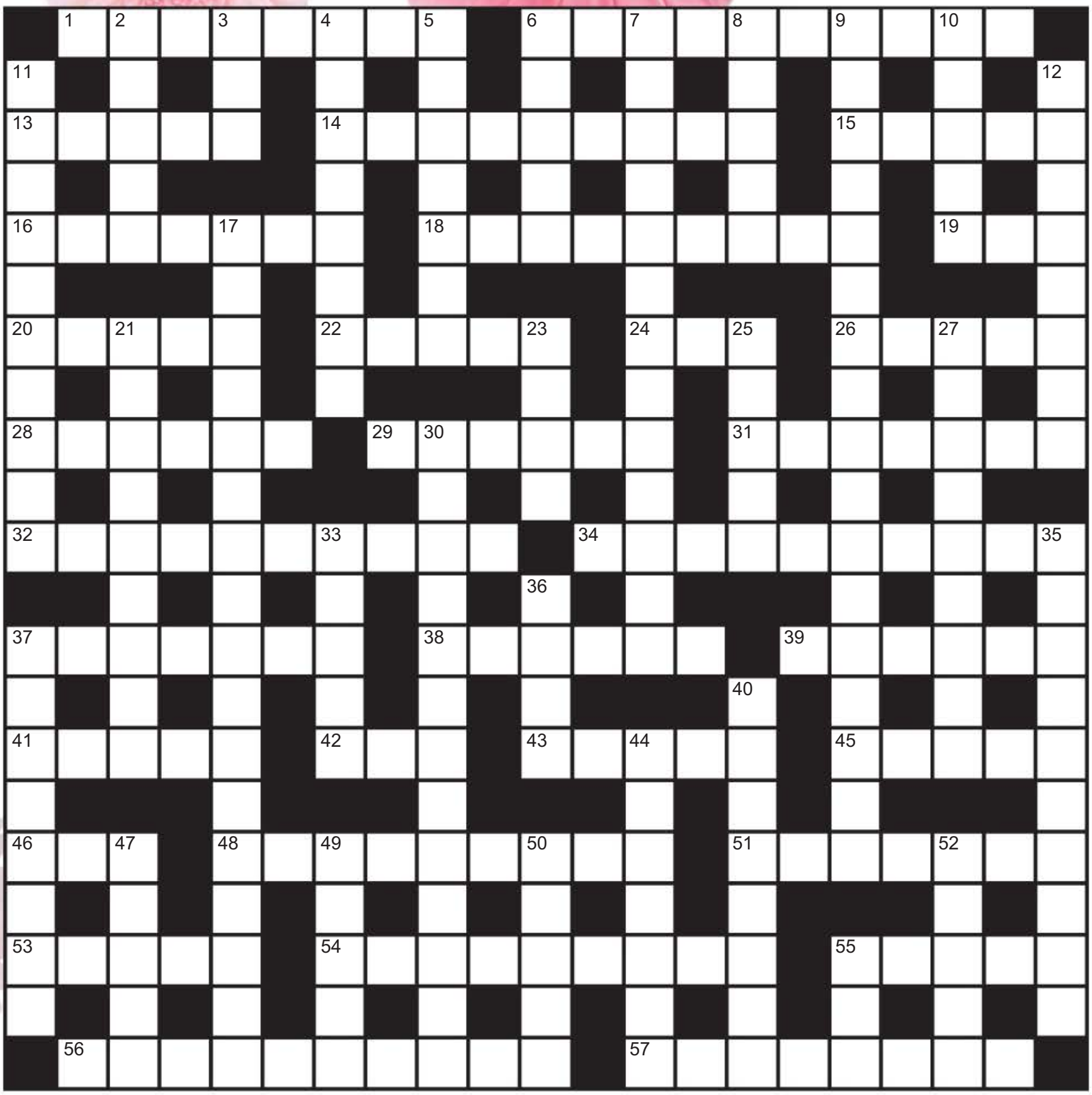
Puzzles are a top way to cut stress and boost your mood

Crossword puzzle

Sharpen your pencil and show what you know.

ACROSS

1 Bedtime drink (8)
6 Comprehend (10)
13 – Agassi, tennis ace (5)
14 Boisterous revelry (9)
15 – Doolittle, *My Fair Lady* heroine (5)
16 Features of a language (7)
18 Curative (9)
19 Embrace that lifts spirits (3)
20 Allows someone to borrow (5)
22 Nodules, knobs (5)
24 Gratuity (3)
26 Cluey, canny (5)
28 Empty (6)
29 Hateful (6)
31 Person appointed to act as agent (7)
32 Recreate (10)
34 London district (10)
37 Essential food factor (7)
38 Go over old ideas (6)
39 Horrified, stupefied (6)
41 Cowboy exhibition (5)
42 Jet –, water vehicle (3)
43 – trap, disguised trap (5)
45 Vertical face of a stair step (5)
46 Occupational Health and Safety (1,1,1)
48 Manly's NRL avian mascots (3,6)
51 Globe of the eye (7)
53 Tom –, fairytale character (5)
54 Wife of King Arthur (9)
55 Ecstasy (5)
56 Outward seeming (10)
57 Conceal, envelop (8)



DOWN

2 Asian subcontinent (5)
3 Colour, tint (3)
4 Consistent, logical (8)
5 Ancient Egyptian landmark (7)
6 Capsize (2-3)
7 Smallgoods stores (13)
8 Synthetic fabric (5)
9 1944 play by Tennessee Williams made into a film directed by Paul Newman and starring Joanne Woodward (3,5,9)
10 Horse's utterance (5)
11 Engineless aircraft (4-6)
12 Grotesque carved statue on a building (8)
17 Action film franchise starring Tom Cruise (7,10)
21 Directed, guided (9)
23 Exhibit, display (4)
25 Sharp pains (5)
27 Slatted blinds (9)
30 Fixed purpose and intention (13)
33 Raves, carries on (5)
35 Zoologist or botanist, for example (10)
36 Captain -, Moby Dick's hunter (4)
37 Aromatic wine (8)
40 Andorran mountains (8)
44 Lewd, salacious (7)
47 Business decline (5)
49 Provoke, enrage (5)
50 Lord (5)
52 French farewell (5)
55 Piece of soap (3)

All solutions on page 126.

PHOTOGRAPHY GETTY IMAGES

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 ZINC CHECK

Similarly to magnesium levels, people with diabetes may have a lower level of zinc due to the amount excreted in urine when experiencing high BGLs. But what's so important about zinc?

Well, it is often referred to as the humble achiever – it's a vital mineral required by every cell and organ to conduct functions such as immunity, brain function, growth, senses and wound healing. As zinc is found in a wide range of foods – especially high-protein foods such as red meat, dairy, oysters, seeds and nuts – people assume they get enough. However, deficiency is possible.

Those at risk include women who are pregnant or lactating, and those people with gastrointestinal, kidney and liver diseases. Before you take supplements, though, discuss it with your healthcare team to determine if you are receiving enough zinc naturally.

2 ARE YOU BORED?

In a world so switched on it has become increasingly hard to switch off, it seems that any time we are bored we tend to switch to another platform, movie, game or app. Psychology lecturer Sandi Mann argues in her book *The Upside of Downtime: Why Boredom is Good* that the more we shy away from boredom and use digital devices as a distraction, the more stimulation we crave. And a study published in the journal *Academy of Management Discoveries* concluded boredom has the ability to spark individual productivity and creativity. But it's not just that. Rather, a little downtime – and embracing boredom – is a positive (in)action that encourages you to:

- **be curious**
- **develop grit**
- **use your imagination (hello daydreaming!)**
- **pursue new goals**
- **develop problem-solving skills**
- **build confidence (through taking risks in trying new things)**
- **improve mental health (learning to discover your own thoughts, rather than being driven by the thoughts of others)**

So, next time you go to fill the void with technology, why not embrace boredom like an old friend and see where it takes you.

Learn to enjoy spare time, away from a screen

3 CONNECT WITH YOUR TRIBE

As 2020 continues to throw curveballs, it is important to connect with your friends and family. While some are stranded in another city or country, and others are unable to visit those in isolation, technology has been a blessing. Whether you join a virtual game of bingo with friends or videochat with family, staying connected is vital – especially to those who are experiencing heightened levels of stress, anxiety and insecurity, and who feel as if they are lacking control over their life.

One of the biggest fears among experts is the unknown long-term effect the pandemic and isolation has had on the mental health of all age groups. Make it known among your close circle that you are available to listen or help those who are struggling where you can; or, if you are struggling, reach out to your tribe. Make it a habit to catch up weekly, whether in person (following government restrictions in your region) or virtually. If you're finding things are difficult, help is available. Visit ruok.org.au. ➤

puzzles *solutions*

Code cracker

M	U	E	S	L	I	■	E	N	J	O	Y	E	D	■	P	L	A	C	E	D
■	L	■	E	■	N	■	M	■	U	■	O	■	U	■	A	■	P	■	Q	■
S	T	O	P	■	K	A	P	O	K	■	D	I	N	G	Y	■	H	A	U	L
■	R	■	I	■	L	■	A	■	E	■	E	■	G	■	M	■	I	■	I	■
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V	O	W	I	N	G	■	L	E	X	I	C	O	N	■	T	H	E	N	C	E
■	B	■	M	■	■	■	■	■	E	■	A	■	■	■	■	■	L	■	A	■
E	L	O	P	E	R	■	F	U	S	S	P	O	T	■	U	N	F	O	L	D
■	I	■	■	■	U	N	I	■	■	■	S	■	U	R	N	■	■	H	■	■
S	Q	U	I	R	M	■	Z	O	M	B	I	E	S	■	L	A	W	M	A	N
■	U	■	M	■	B	■	Z	■	I	■	Z	■	S	■	A	■	O	■	I	■
H	E	L	P	■	L	I	L	A	C	■	I	N	L	E	T	■	V	A	M	P
■	L	■	E	■	E	■	E	■	R	■	N	■	E	■	C	■	E	■	E	■
E	Y	E	L	I	D	■	D	R	O	N	G	O	S	■	H	U	N	G	R	Y

1 X	2 V	3 F	4 N	5 E	6 D	7 L	8 H	9 S	10 B	11 Y	12 I	13 C
14 A	15 M	16 J	17 T	18 P	19 R	20 K	21 Q	22 U	23 W	24 Z	25 G	26 O

Sudoku

8	9	4	6	1	3	5	2	7
3	2	6	8	5	7	1	9	4
5	7	1	2	4	9	6	8	3
6	3	9	1	2	4	8	7	5
7	5	8	9	3	6	2	4	1
1	4	2	5	7	8	9	3	6
4	1	5	7	9	2	3	6	8
9	6	3	4	8	5	7	1	2
2	8	7	3	6	1	4	5	9

Crossword

Across: 1 Nightcap, 6 Understand, 13 Andre, 14 Horseplay, 15 Eliza, 16 Grammar, 18 Medicinal, 19 Hug, 20 Lends, 22 Nodes, 24 Tip, 26 Savvy, 28 Devoid, 29 Odious, 31 Nominee, 32 Regenerate, 34 Kensington, 37 Vitamin, 38 Rehash, 39 Aghast, 41 Rodeo, 42 Ski, 43 Booby, 45 Riser, 46 O H S, 48 Sea Eagles, 51 Eyeball, 53 Thumb, 54 Guinevere, 55 Bliss, 56 Appearance, 57 Enshroud.

Down: 2 India, 3 Hue, 4 Coherent, 5 Pyramid, 6 Up-End, 7 Delicatessens, 8 Rayon, 9 The Glass Menagerie, 10 Neigh, 11 Hang-Glider, 12 Gargoyle, 17 Mission Impossible, 21 Navigated, 23 Show, 25 Pangs, 27 Venetians, 30 Determination, 33 Rants, 35 Naturalist, 36 Ahab, 37 Vermouth, 40 Pyrenees, 44 Obscene, 47 Slump, 49 Anger, 50 Liege, 52 Adieu, 55 Bar.

Turn upside down for puzzle solutions

good advice

EMBRACE IMPERFECTION

The Japanese art form of kintsugi repairs cracked pottery by filling in fissures with gold-dusted lacquer. This showcases the beauty of the pot, rather than hiding its damage and flaws. This is a perfect example of *wabi-sabi* – the Japanese philosophy of embracing a perfectly imperfect life. And, by integrating this into your own life, you can encourage yourself to accept your flaws, accept that life is unpredictable and make the most of the life you have. When you pursue perfection, it often increases stress and anxiety and can cause depression in trying to reach for something that isn't always possible. Today, it's more common than ever for individuals to aim for a level of perfection so they can boast about it to the world. But, rather than caving in to this, find a way to remind yourself about *wabi-sabi*, slow down and celebrate the way things are.

5 STOP SLOUCHING!

Did you know hunching makes you more tired than sitting or standing up straight! Although it takes a lot of strength to hold a perfect posture 24/7, the benefits of good posture outweigh those of slouching. Researchers from Saudi Arabia found healthy lung muscles are unable to fully expand as you inhale if you are slouching, compared with when you're maintaining good posture. When you are in proper alignment, circulation and digestion are also improved as organs aren't working double time being in a position they're not intended to be in. Further, correct posture also reduces back pain and tension headaches, and helps to improve your core and upper back muscles by being active and engaged to hold the position. ■

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

BREAKFAST & TOPPERS

130 Avocado and black bean eggs
57 Berry and nut butter porridge
41 Full English breakfast
40 Oat cakes
41 Shakshuka
56 Super-green thickie

LIGHT MEALS, SNACKS & STARTERS

69 Apple crumble energy balls
31 Barbecued pulled pork sandwiches with crunchy apple slaw
44 Basic black beans
29 Black bean and corn burritos
68 Cherry & almond brownies
36 Chickpea tagine soup
69 Chocolate chip cookies
73 Cinnamon grapefruit
36 Curried spinach & lentil soup
33 Gingered beef and broccoli salad
54 Hearty vegetable and bacon soup
35 Herby broccoli & pea soup
37 Mozzarella, capsicum & eggplant calzone
73 Ricotta, dill and lemon dip
53 Roasted carrots, cauliflower, grains & carrot-top dressing
69 Spiced carrot & apple muffins
53 Spicy chilli bean soup
73 Tomato, spinach, mushroom and pesto wraps
45 Tuscan white bean soup

MAINS

32 Apricot drumsticks with roasted vegies
54 Chana masala with pomegranate raita
22 Creamy salmon, leek & potato traybake
22 Creamy tomato & cheese risotto
55 Mexican-style lamb stew
32 Mini mushroom meatloaves
21 Pork chops with mustardy butter beans
21 Prawn & harissa spaghetti
25 Prawn and sausage jambalaya
53 Sausage meatball and pumpkin traybake
55 Shepherd's pie baked tatties
20 Smokey steak with Cajun potatoes & spicy slaw
33 Stuffed capsicums

DESSERTS

64 Barbecued banoffee splits
63 Bourbon hot cocoa
64 Cranberry-orange pudding cakes
63 Creamy vanilla rice pudding
63 Pancakes with mixed berry compote
73 60-second dessert

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

PHOTOGRAPHY GETTY IMAGES

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Alix

Alix Davis, Editor

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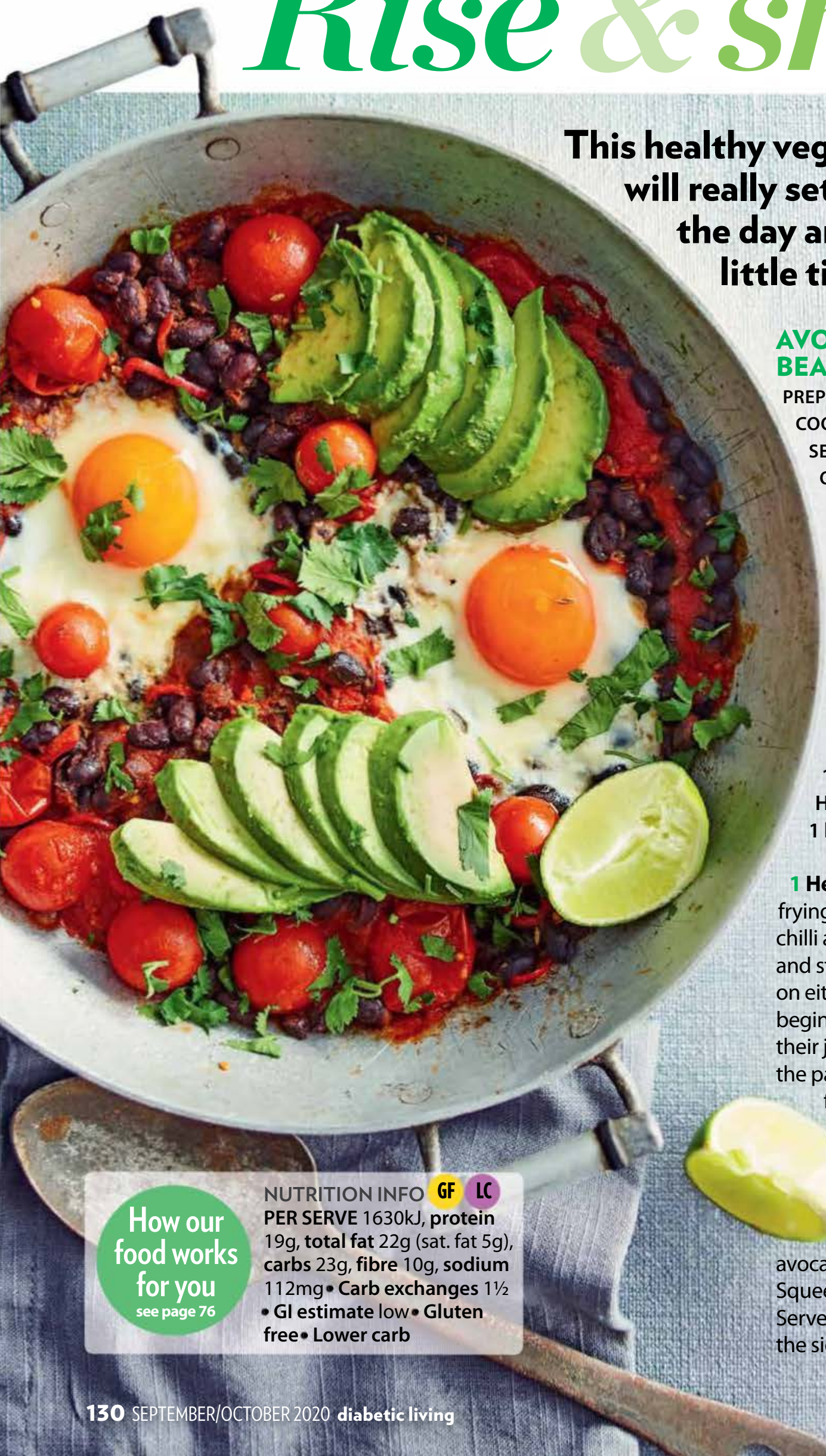
Rise & shine



This healthy vegie breakfast will really set you up for the day and takes very little time to prepare

AVOCADO & BLACK BEAN EGGS

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 2 (AS A BREAKFAST OR LIGHT MEAL)

2 tsp olive oil
1 red chilli, deseeded and thinly sliced
1 large clove garlic, sliced
2 x 60g eggs
400g can no-added-salt black beans, undrained
200g cherry tomatoes
¼ tsp cumin seeds
1 small avocado, halved, sliced
Handful chopped coriander
1 lime, cut into wedges

1 Heat oil in a large non-stick frying pan over medium heat. Add chilli and garlic. Cook until softened and starting to colour. Break in eggs on either side of pan. Once they begin to set, spoon black beans with their juice and the tomatoes around the pan. Sprinkle over cumin. Cook for 2-3 minutes, or until eggs are just set and beans and tomatoes are heated through.

2 Remove pan from heat. Scatter over avocado slices and coriander. Squeeze over half the lime wedges. Serve with remaining wedges on the side for squeezing over. ■

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

How our food works for you
see page 76

NUTRITION INFO GF LC
PER SERVE 1630kJ, **protein** 19g, **total fat** 22g (sat. fat 5g), **carbs** 23g, **fibre** 10g, **sodium** 112mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

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